

# SELF COACHING WORKSHEET

## EPISODES 33 AND 224

Write out your current model:

C:

T:

F:

A:

R:

Now write a new model with the same C but a different T, F, A and R

C:

T:

F:

A:

R:

## Circumstances

*can trigger*

## Thoughts

*cause*

## Feelings

*cause*

## Actions

*cause*

## Results

What are the differences? Can you see how thinking differently might change your result?