



Brain Dump

Write down all your thoughts. Don't edit. Don't withhold. Just write it all down.

WHAT'S GOING ON? HOW ARE YOU FEELING? WRITE ALL THE DETAILS. WRITE LIKE YOU'RE TALKING TO A FRIEND.





Facts / Thoughts

Separate all the FACTS/CIRCUMSTANCES from your THOUGHTS

REMEMBER, CIRCUMSTANCES CANNOT CONTAIN ADJECTIVES - THEY'RE FACTUAL

Circumstances

Thoughts





The Right Order

This is the first half of the MODEL. Notice what's going on with you, are you working from the RIGHT order?

IN LIFE WE HAVE CIRCUMSTANCES THAT TRIGGER THOUGHTS WITHIN US AND THOSE THOUGHTS GENERATE YOUR FEELINGS.

Circumstance:

Thoughts:

Feelings:

