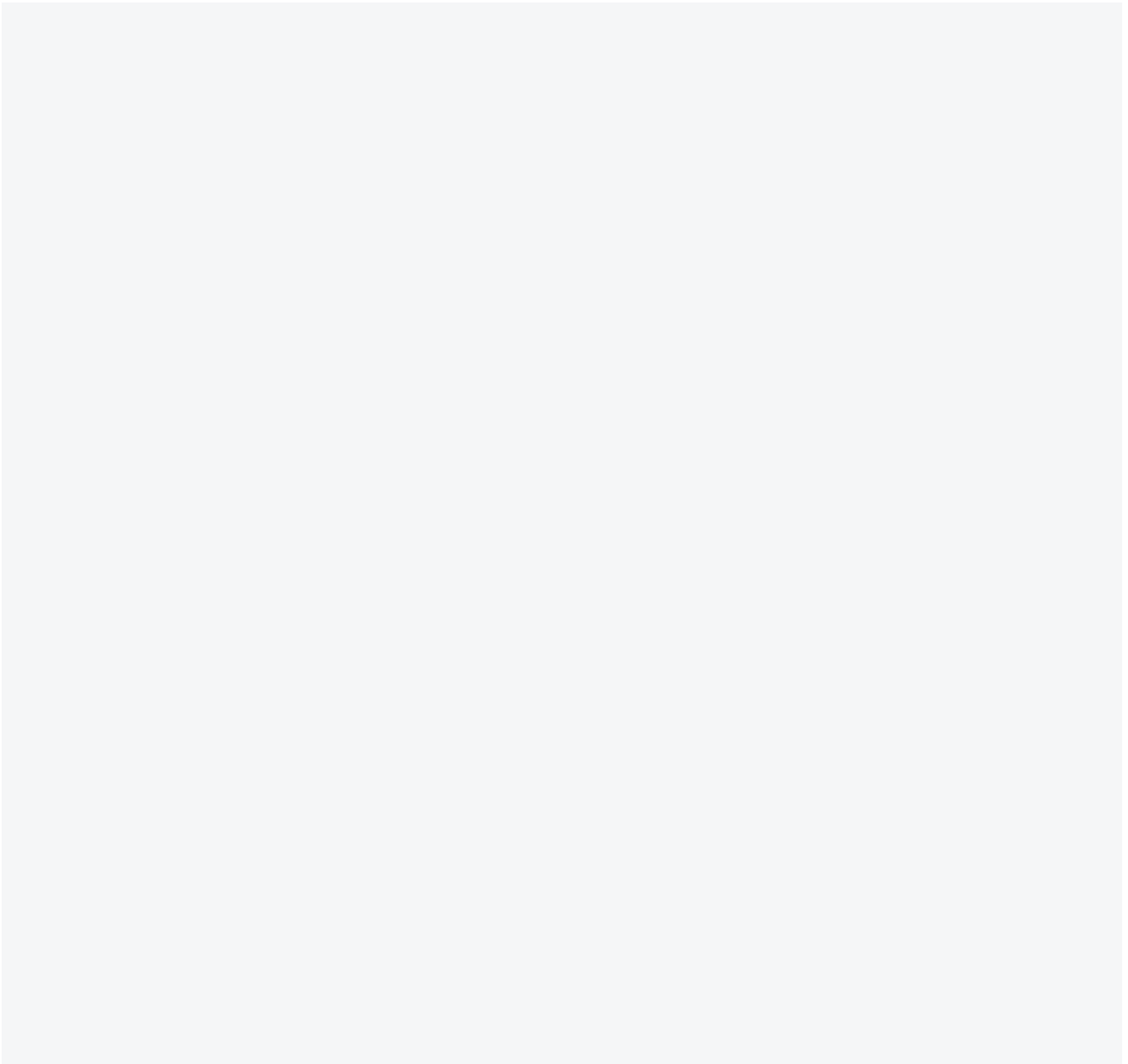


THOUGHT DOWNLOAD

WRITE DOWN EVERYTHING THAT'S IN YOUR HEAD. DON'T TRY TO FILTER OR ORGANIZE AT THIS STAGE.



MODEL OVERVIEW

CIRCUMSTANCE:

A neutral data point that has happened in the world; fact; something about which everyone agrees.

THOUGHT:

An optional sentence in one's mind about a circumstance; one's interpretation and reaction to the circumstance; the cause of all feelings.

FEELING:

A one word description of a vibration in the body that is created by a thought and fuels all action or inaction.

ACTIONS:

Something one does that creates a result and is driven by a feeling; it can also be an inaction.

RESULT:

The effect of our actions or inactions and always the evidence of our original thought.

UNINTENTIONAL & INTENTIONAL MODELS

UNINTENTIONAL THOUGHT PATTERN

CIRCUMSTANCE:

THOUGHT:

FEELING:

ACTIONS:

RESULTS:

INTENTIONAL THOUGHT PATTERN

CIRCUMSTANCE:

THOUGHT:

FEELING:

ACTIONS:

RESULTS: