

Self Coaching

Steps 1-5 accredited to Brooke Castillo at thelifeoachschool.com and steps 6-11 from my years of training in Cognitive Behavioral Therapy

1. **Circumstance** - This is just a fact. We cannot control our circumstances. This includes our past and other people. Circumstances are not good or bad. They just are.

2. **Thoughts** - Thoughts are sentences that go through our minds. It is our thoughts that make circumstances good or bad. Thoughts are choices.

3. **Feelings** - A vibration in our body. A feeling is one word (do not write a sentence here, a sentence is a thought). Our thoughts cause our feelings. Remember one word.

4. **Action** - What we do in reaction to our feelings. Inaction can also be an action. Are our actions helping or hurting us?

5. **Results** - The outcomes we are getting in the world (and our lives) due to our actions.

6. Go back to number 2, Thoughts. Circle the most distressing thought. Is this thought realistic? _____ Is it a helpful or unhelpful thought? _____

7. Can you identify an unhelpful thinking habit (circle one or two)? All or Nothing Thinking, Catastrophizing, Reading Other People's Minds, Future Tripping, Judgments, Making Mountains Out Of Molehills

8. Moving forward, what is a more helpful thought? What have I not considered?

9. What feeling does that more helpful thought cause?

10. What possible more productive action would that more helpful feeling cause?

11. What positive result in your life would that more helpful action cause?

For more help with this, contact Elizabeth Cermak from Your Highest Light at elizabeth@yourhighestlight.com