



Thought Model

Content

What are the observable facts of the situation?

Thoughts

What thought are you having about the situation?

Emotions

What emotions are you experiencing? How do those emotions feel in your body? Write a neutral description of them.

Actions

What actions do those thoughts and feelings lead to? What behaviors do you notice in yourself?

Results

What are the results of those actions? How do they affect you, others, and the world around you?

Now, create a new model with the same Content, replacing the old thoughts with new ones. What emotions, actions, and results would this new thought create?





New Thought Model

Content

What are the observable facts of the situation?

Thoughts

What thought are you having about the situation?

Emotions

What emotions are you experiencing? How do those emotions feel in your body? Write a neutral description of them.

Actions

What actions do those thoughts and feelings lead to? What behaviors do you notice in yourself?

Results

What are the results of those actions? How do they affect you, others, and the world around you?

When you notice an unhelpful thought, you can choose to replace it with a new thought. Each time you do this, you are strengthening the behavior you want to create the results you want, until eventually, the new behavior comes naturally to you.

