

**CONVERSATIONS
WITH OURSELVES**
The Self-Coaching Model



the coterie

BY PR COUTURE

WHO'S IN CHARGE HERE?

There is the you, thinking your thoughts
The you, responding to your thoughts (with more thoughts)

There is the you, noticing the feelings, the contraction,
the expansion, the language of the body.

There is the you who develops beliefs based on how you
chose to interpret circumstances, with your thoughts

The you who makes unconscious decisions based on
thoughts and feelings, and another you who takes action
(or not) in response.

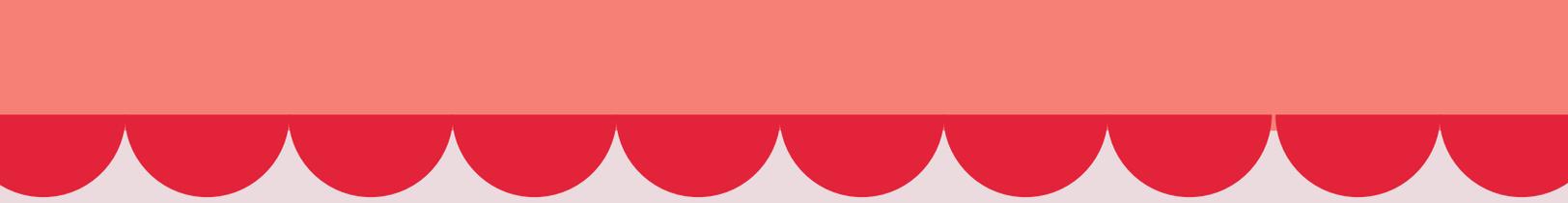
We limit ourselves when we believe our thoughts are
absolute truth.

When limit ourselves when we believe our thoughts are our
identity, who we are.

We limit ourselves when we think a feeling is a definitive
answer.

The truth is that all thoughts are optional, feelings are just
information and both have a direct Impact on the actions
we take and the results we get.

As the receiver of thoughts our brain sends us, we can
notice, get curious and intentionally choose thoughts that
are useful and helpful, that feel better than other thoughts.

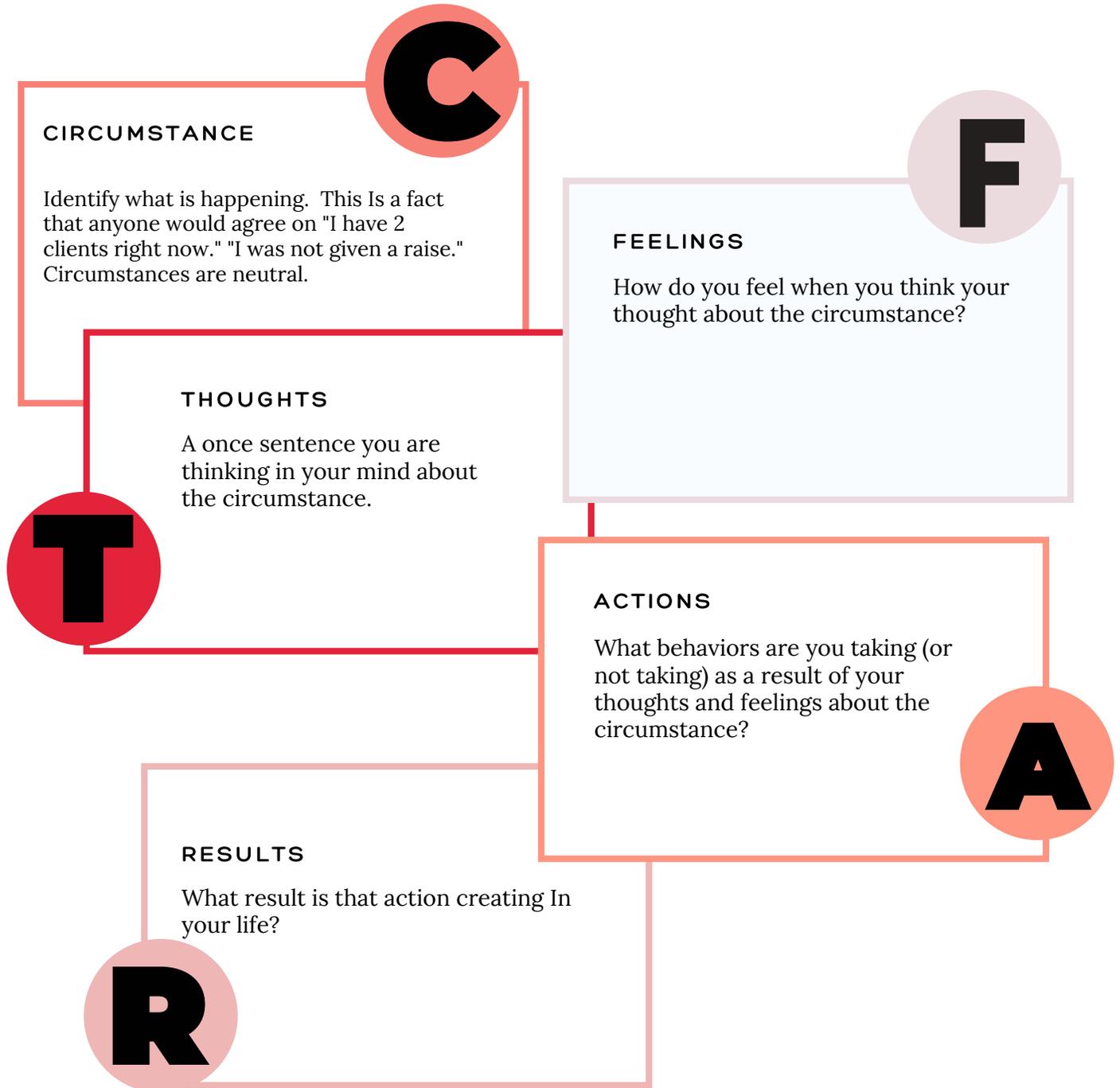


“One of the new things people began to find out in the last century was that thoughts—just mere thoughts—are as powerful as electric batteries—as good for one as sunlight is, or as bad for one as poison. To let a sad thought or a bad one get into your mind is as dangerous as letting a scarlet fever germ get into your body. If you let it stay there after it has got in you may never get over it as long as you live... surprising things can happen to any one who, when a disagreeable or discouraged thought comes into his mind, just has the sense to remember in time and push it out by putting in an agreeable determinedly courageous one. Two things cannot be in one place.

- FRANCES HODGSON BURNETT, THE SECRET GARDEN

THE MODEL

Developed by Brooke Castillo, The Life Coach School

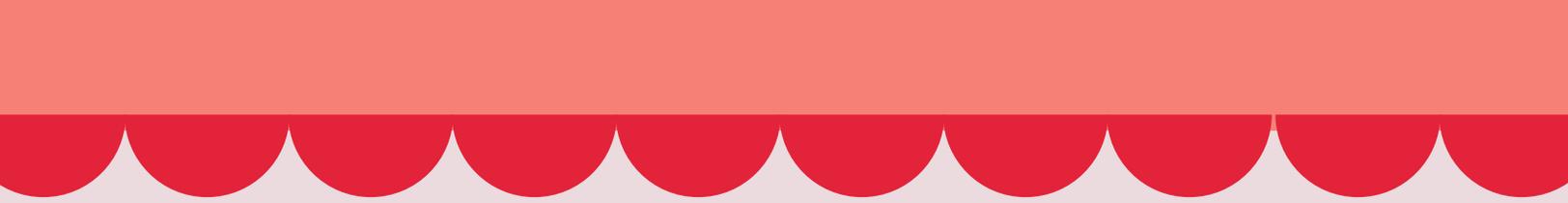


3 POWERFUL QUESTIONS

Is this thought helpful?

What do I need to think in order to get the result I want?

If I was going to feel the same regardless of the action or result, would I still do It?



Circumstances trigger thoughts, thoughts cause all of your feelings, feelings drive all of your actions, and actions drive all of your results in your life. You can trace back any result in your life to a thought.

- BROOKE CASTILLO

HOW TO USE THE MODEL

You can start filling it in on any line, but usually the circumstances (facts) are an easy place to start.

Make sure you don't put any thoughts, opinions, or feelings in the circumstances line. It should be a simple fact that everyone in the room can agree on.

For example, "I did not get a raise at my performance review, not "I really deserved a raise but I didn't get one." Then, fill in the rest.

Usually a feeling or thought is the next easiest thing to identify.

Make sure you are only looking at one, simple circumstance, thought or emotion for each model. Sometimes we're having multiple thoughts or feelings about one circumstance, and in that case do a model for each one with the same "Circumstance" line.

After you have filled it out, do it again with a new thought in the "T" line.

See how this new thought would change your feeling about the circumstances.



EXAMPLE MODEL

ORIGINAL VERSION

C: I did not get a raise.

T: I work really hard and I deserved to get more money

F: Angry

A: Call my friends and complain

R: My friends agree I should have gotten a raise. I still feel crappy.

NEW VERSION

C: I did not get a raise.

T: I didn't get the outcome I wanted but I have some options

F: Motivated - how do I want to handle this?

A: Brainstorm my options - leave my job, meet with my supervisor, etc

R: I have a plan and know my next steps.

Note: Do not pick a new thought that you don't believe. If in the example above, I'd picked "I don't care that I didn't get a raise" as my new thought, that won't work because I won't be able to conjure up genuine feeling about something I don't believe. Find a thought that you actually believe to be true, but that will give a different feeling and action that are more in line with what you want.

THOUGHT LADDER

It's not always easy to move from "the economy is crap and my skills are crap and I'm never going to get a job I love that pays me enough," to "the world is full of opportunities and I am fantastic at what I do and there are millions of options for me to find work I love that pays me a crap-ton of money..." - just to use two extreme examples.

As noted in the example of the model above, you can't change your result if you don't truly believe the new thought. This is why a thought ladder is a super useful tool to help you bridge the gap between what you're thinking now - and what you want to be thinking.

In a thought ladder, you put your current thought at the bottom and your goal thought at the top. Then you play around with slightly-better feeling thoughts to move yourself up the ladder.

If your current thought is "I never get hired for the jobs I want," and your goal thought is "Getting hired for the jobs I want is super easy," then a slightly better feeling thought to practice might be, "it's possible that getting hired is easier than I believe it to be."

According to Kara Lowentheil, Host of the Unf*ck your brain podcast, Ladder thoughts should be

- Slightly positive
- Neutral (no feeling)
- Still negative, but less intensely negative than your current thought



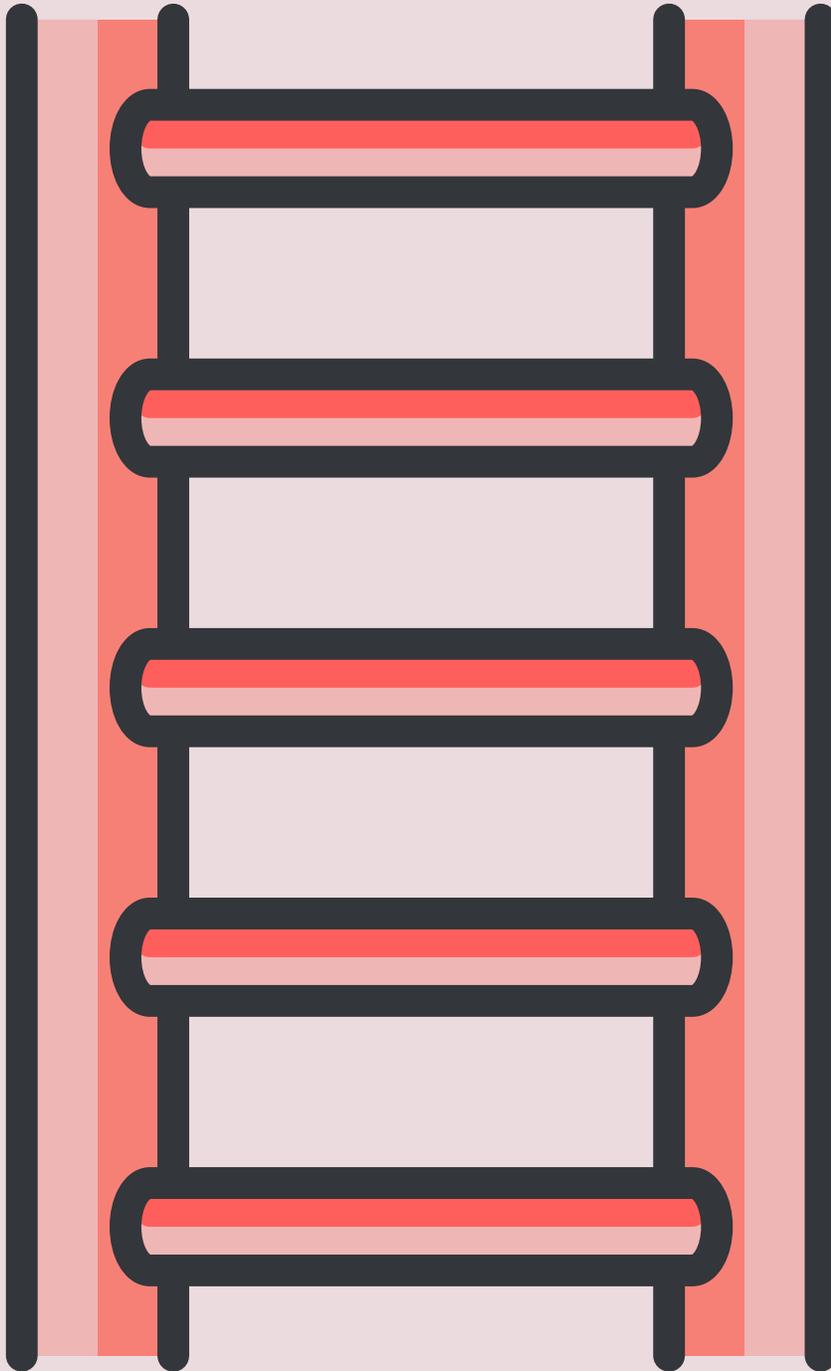
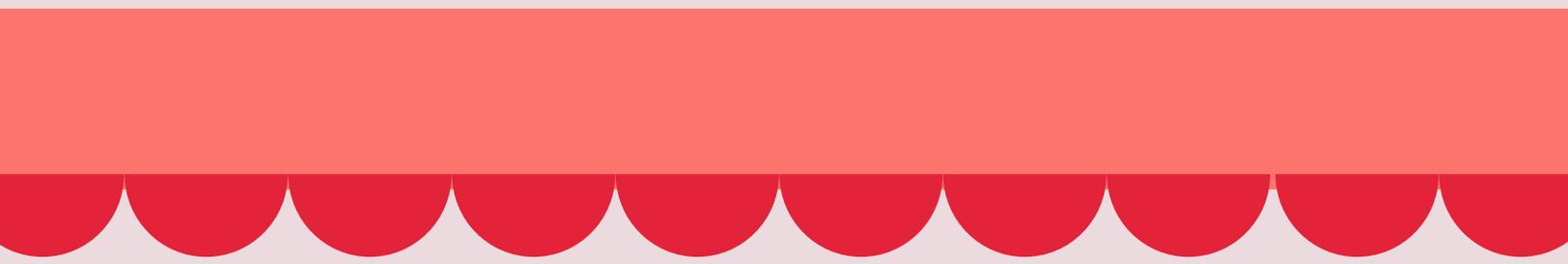
THOUGHT LADDER

Once you have your next thought up the ladder, you need to practice it. A LOT. Practice it while brushing your teeth, practice it while washing your hands, folding laundry, holding a plank, whatever. Practice it until that thought causes a positive reaction in your body.

As Kara explains, "Once your ladder thought becomes natural to you and you don't have to practice it on purpose to believe it (eg you find your brain just thinking it spontaneously) then you move onto a new ladder thought."

Ready? Complete your CTFAR model and develop your Thought Ladder below





GOAL THOUGHT:

CURRENT THOUGHT



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