

Another Beautiful Life

THE MODEL

All aspects of our lives are categorized into five things: circumstances, thoughts, feelings, actions, and results. There is nothing in our lives that can't be categorized and understood within this framework.

Once we see how things are categorized, we can very easily see how our interaction with these things determines the whole of our lives. How we think about things determines how we feel about things. How we feel about things determines what we do. What we do or don't do creates our results. The sum of the results creates our lives. Period. Your thoughts create your life. They are important little sentences. I highly encourage you to pay attention to them. This will be harder than you think. So many of our thoughts seem true, so we don't even recognize them as thoughts. That's where self coaching can come in.

Here is how we define the five categories:

Circumstances: Things that happen in the world that we cannot control.

Thoughts: Sentences that happen in your mind. This is where you self coach.

Feelings: One word descriptions of the vibrations in your body—caused by thoughts, not circumstances.

Actions: Behavior—what we do or don't do in the world.

Results: What we see in the world (our lives) as an effect of how we act. The result will always be evidence for the original thought.

The Last category that we look at is our core belief system. Our belief system will always drive our thoughts. What is it you are believing behind that thought? And is that true and right according to the Word of God? Would Jesus say/believe that same thing?

It's life altering to realize that every feeling, action, and result you create in your life is because of a thought. And every thought has it's home rooted in what we believe to be true. The mere process of being aware of these components in your life is enough to change your life.

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To further demonstrate this model, let me show you an example.

What is your current problem?

Answer this question without thinking too hard about it. Just write down your answer. It might look something like one of the problems listed below.

I have no meaning in my life.

I am sick and tired of this.

I am sad.

My father is dying.

I hate my job.

I weigh 275 pounds.

I keep yelling at my kids.

I drink five glasses of wine every night. I am ugly.

I don't have enough money.

Once you have written down the problem—no matter how petty it might seem—you can place it in one of the five categories of the Model.

For example: I am sad.

This is a feeling, so you would put sad next to "feeling" in the Model, like this:

Circumstance:

Thought:

Feeling: Sad

Action:

Result:

From here, you can fill out the rest of the Model by asking the following questions:

What is the thought causing me to feel sad?

How do I act when I feel sad?

What is the ultimate result of how I act when I feel sad?

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The same applies if you use a thought.

For example: I hate my job.

Here, you would put this thought next to "thought" on the Model:

Circumstance:

Thought: I hate my job.

Feeling:

Action:

Result:

...and then ask the following questions:

How do I feel when I think this thought?

How do I act when I think this thought?

What is the result of my actions when I think this thought?

Here is a sample a client filled out starting with a circumstance in her life:

Circumstance: She arrived to our noon lunch date at 12:20 pm.

Thought: She does not respect me.

Feeling: Angry

Action: Act passive-aggressive. Make snide comments.

Result: I don't respect myself or her.

The circumstance is: She arrived to our noon lunch date at 12:20 pm.

The thought about the circumstance: She does not respect me.

When I think this thought, I feel angry.

When I feel this emotion: I act in a way that is passive-aggressive and snide toward her.

This gives me the ultimate result of loss of respect in my relationship with her, which proves the original thought—she doesn't respect me. Additionally, when I act this way, I am not showing up in the way I want, which makes me lose respect for myself.

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At this point, we will want to take a look at what we are believing (about ourselves, others, our world, or God, for example) that makes us have those thoughts.

We can first start by asking ourselves, "Is that thought objectively true? Is it right?" And then move on to explore if that thought is in alignment with Scripture.

If it's not, it's time to sit with the Lord to have our hearts and minds transformed (Romans 12:2) and put in line with Truth.

Here we can ask God to tell us what is true, to heal old wounds that are keeping us from believing that truth, and to give us a new, right thought regarding this circumstance.

An alternate thought concerning the same issue will cause different feelings and therefore create different results.

Circumstance: She arrived to our noon lunch date at 12:20 pm.

Thought: She must be busy—I won't take it personally.

Feeling: Compassionate

Action: Act kind and be understanding.

Result: No effect personally—no negativity.

In this model, it is the exact same circumstance creating a different experience based on the thinking. When my friend shows up late, if I choose to think that I'm just so happy to see her (if that is believable to me), no matter if she is late, the feeling is happy and excited, and the action is to engage with my friend. The result may be that we have a wonderful and respectful lunch. You can use this model to understand anything that is going on with you.

It is never the circumstance causing your feelings—it is always your thinking about the circumstance. And bad thinking comes from lie-based beliefs.

The good news is that you can get healing in the presence of our Father that leads to a right and true belief system. Our thoughts are merely an outflow of that belief system.