

The Model – Use it to solve any problem

C: Circumstances (a neutral fact)

Can trigger

T: Thoughts (a sentence in your mind)

Cause

F: Feelings (a vibration in your body)

Cause

A: Actions (what you do or don't do)

Cause

R: Results (what happens to you, as an effect of your action)

Use this space to get perspective on what you're thinking!

C: _____

T: _____

F: _____

A: _____

R: _____