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USING THE COACHING MODEL TO SOLVE A PROBLEM

Think of this as a formula. It never deviates from the following order:
CTFAR (Circumstance, Thought, Feeling, Action, Result)

You may have several thoughts about a circumstance but start by choosing one thought at a time to work through the model. Work as many models as you like.

CIRCUMSTANCES

Write out the problem you are having. Stick to the facts only.

THOUGHTS

You have thoughts about your circumstances. This is the most important part about the formula because you get to actively question the thoughts you are choosing and decide if you want to keep thinking those thoughts or find thoughts that give you better results. This is the only part of the formula you can control.

Questions to consider when examining your thoughts: What are you making this circumstance mean? What are your beliefs about this situation? Dig deeper by asking yourself why you believe these thoughts.

FEELINGS

The thoughts you have generate feelings. You cannot have a feeling without a thought proceeding. Your feelings are not caused by your circumstances. Whatever you think or believe about your circumstances generates your feelings.

What feelings do the thoughts you have about your circumstance create for you?



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ACTIONS

The coaching model shows us that your actions are determined by how you feel so you see a direct connection between the thoughts you choose and the actions you end up taking.

RESULTS

Your behaviors (actions) ultimately become the results you get in life.

To self coach, you need to go back through the model once you can see how the thoughts you have about your situation are not working for you and see if you can find thoughts that better support the outcome you are looking for. You can identify a feeling you would like to generate and look for thoughts that better support this feeling or you can look for a result that you want to generate and work the formula backwards from that angle.

Working back through the formula, you will find your circumstances remain the same but you can work to change your thinking. The only area of the formula that you have control over changing right now is how you think. It will be ineffective to attempt to change your behaviors without identifying and better understanding the thoughts that you currently have and working to create new thoughts that support new behaviors.



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SELF COACHING WORKSHEET

CIRCUMSTANCES
(can trigger)

THOUGHTS
(can cause)

FEELINGS
(can cause)

ACTIONS
(can cause)

RESULTS
(often gives more evidence to our original thoughts)