

## Lesson 1: MINDING YOUR MIND FOUNDATION

Understanding that all circumstances are neutral is vital to emotional wellbeing. Circumstances are things that happen around and inside us that cause our brain to place an interpretation, opinion or judgment on it, which causes an emotion that fuels our response. Our response to our thoughts and feelings, determine our results.

Get into the habit of applying this concept of questioning your brain and analyzing the sentences it offers so you can choose ones that work on your behalf better. This is where your power lies – within the CTFAR Model.

*Circumstances trigger Thoughts create Feelings drive Action creates Results*

*Let's get started by putting some Models into action!*

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1. What are you worried about? What's the circumstance? For example, COVID-19 virus, your job or business or family member.

Pick and circle ONE of the above to examine. This topic is your circumstance. Write this into the **C** line of the model framework on page 2.

2. Why are you worried about the circumstance? Do a brain download and list all your reasons here:

3. Now that you've listed why you're worried, choose ONE of those reasons to examine more closely. Write that ONE reason here:
4. When you think about that reason in the **T** line, what one work emotion comes up for you? List them all here then put the one that resonates most into the **F** line.

**Putting the pieces together:** Insert your answers from above into the sentences below:

- ⇒ **C:** What's the **circumstance**?
- ⇒ **T:** What is your **thought** about the circumstance (one sentence)?
- ⇒ **F:** What one word **feeling** shows up when you think the above thought?
- ⇒ **A:** When you're feeling that way, what **action** do you take or not take?
- ⇒ **R:** What's your **result** of your thought, feeling and action of this circumstance?

Can you see how your thoughts, opinions and judgments about the circumstance is causing negative emotions and a result not in your favor?

Well done, my Friend!! You're now on your way to taking back your power and control.

5. Practice this process daily. Decide now when you will do this and add to your calendar/routine. Nothing fancy is required to do this. Print page 3 of this worksheet or simply use a journal, piece of paper, even a napkin will do. Putting pen to paper is the most effective way to shift into calm and control.

*Congratulations!* Lesson 1 is complete. In our next lesson, we'll dive into taking back control while moving toward peace, calm, and ease discomfort.

See you soon!

Sharon

## CTFAR PRACTICE MODEL WORKSHEET

### Thought Download

Write down everything your brain has to say. Allow yourself to be unfiltered.

C:  
T:  
F:  
A:  
R:

C:  
T:  
F:  
A:  
R:

C:  
T:  
F:  
A:  
R:

C:  
T:  
F:  
A:  
R: