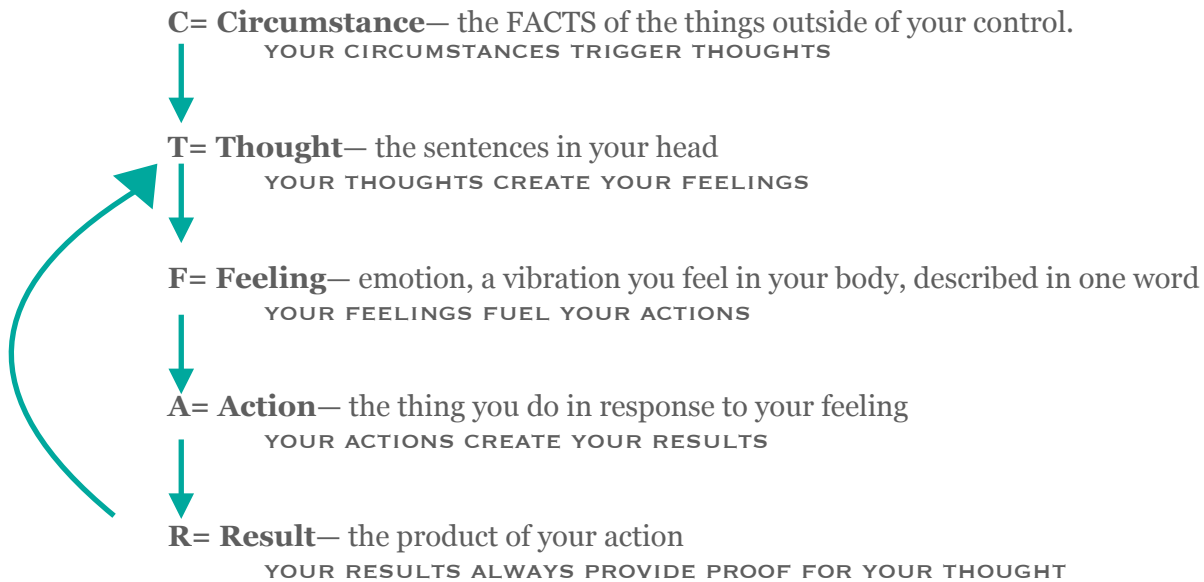


How to Coach Yourself

With the Model by Brooke Castillo



1. Write a “thought download” of everything in your brain without censoring or judging it. Try to work with a specific situation.
 - Is it really a problem?
 - What else is true? What else do I believe?
 - How do I want to feel?
 - What result do I really want?
2. Pick out ANY C, T, F, A or R and fill in the rest of your model from there.
 - What does someone who has already done this think?
 - What will be different about me once I solve this?
3. Don't be in a hurry to move yourself to a new thought. The temptation is to try to fix yourself right away, but you need to get your brain to see that the Circumstance is NEUTRAL and your Thought is OPTIONAL.
 - What would my future, wisest self tell me?
 - What feels most like love?
4. Here are some helpful questions as you work to see that your thought is optional:
 - What if I'm wrong about this?
 - What if the opposite were true?
 - What if I didn't want that?
 - What would it be like if I didn't think that?
5. Create a new, intentional Model with the same circumstance. Again, start with either a T, F, A, or R— the order doesn't matter. Just see what is possible.
6. Keep doing it!! It is kind of like magic :)

