

Nora Franche

Catholic Mindset Coach

# THE MODEL



# Objectives

- Understand how our thought life works
- Get really clear on what we have control over and, just as importantly, what we do not



# Introduction

The Model is the foundational tool of all life coaching and is necessary to understand, but it is not complex!

Something happens, we have a thought about it. This thought causes a feeling, which leads to an action, which creates a result. Simple as that.

## Thought Model

Circumstances



# Circumstance

- Fact: Provable in a court of law
- The thing that we think is the problem
- Taken in through one of the 5 senses



# Thought

- Triggered by the Circumstance
- A sentence in your mind
- Avoid putting questions in this section



# Feeling

- Emotion caused by the Thought
- Only ONE feeling per thought
- Single word
- \*See chart in emotions section to help you identify the emotion you are having and build your emotional vocabulary\*



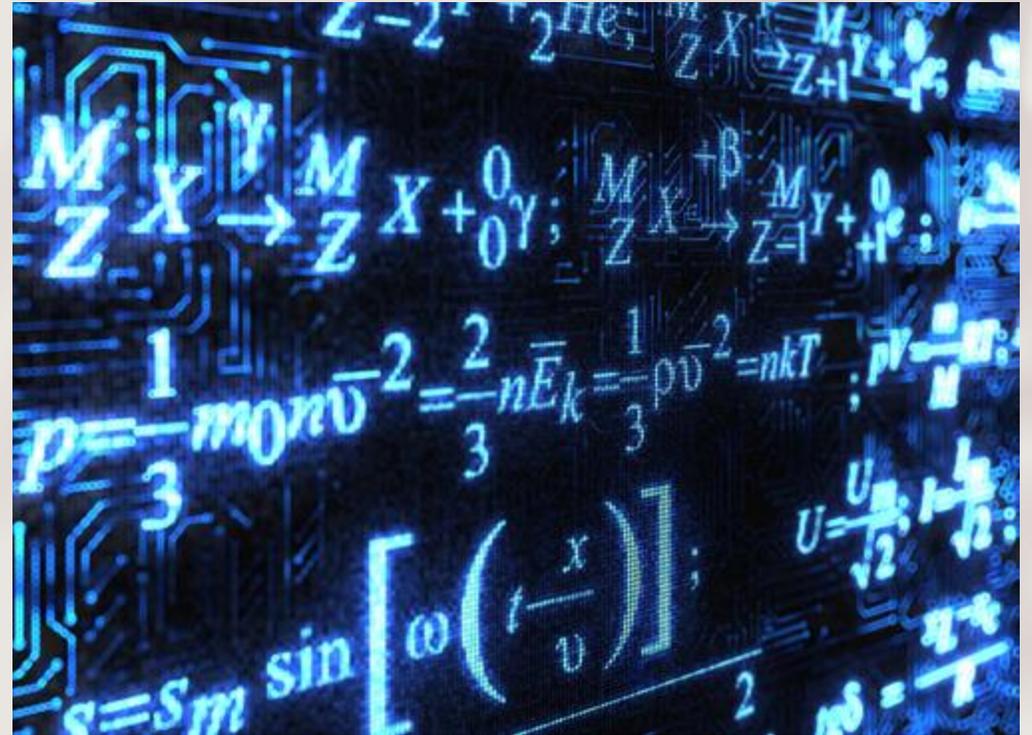
# Action

- Behaviors that come from that one word emotion
- Actions taken and not taken as the result of that Feeling.



# Result

- The end-product created by your Actions.
- Ask yourself, "Am I growing in Virtue or Vice?"



# Virtue and Vice

## **Virtue**

- A Good Habit
- An habitual and firm disposition to do the good. CCC 1833
- The human virtues are stable dispositions of the intellect and the will that govern our acts, order our passions, and guide our conduct in accordance with reason and faith. CCC 1834
- The goal of the virtuous life is to become like God.

## **Vice**

- A Bad Habit
- An act contrary to reason because it goes against our greatest good.

# Unintentional Vs Intentional Models



# 2 Types of Models

## **Unintentional**

- The messy ball of yarn that happens on its own without much thought
- What happens when we go about life reacting to our circumstances.
- What is the end result? Do you like that result or do you want something different?

## **Intentional**

- The organized ball of yarn, approached with purpose and planning
- What happens when we approach life with an idea of the person we are becoming and the means we choose to get there.
- What is the result you want? Move backwards in the model from there.

# 2 Types of Models

## Unintentional

- C: Sequence starts here. An event, statement, or interaction triggers...
- T: A reactive thought often based on unhealed wounds, biased interpretations, and without consideration of the other's intent. Causes...
- F: A Negative emotion, which drives...
- A: Unhelpful, unhealthy or harmful behaviors, which create...
- R: An unwanted result that is often similar to the trigger.

## Example

- C: Mom says, "Why don't you wear that other blouse?"
- T: "She's always judging my choices."
- F: Resentful.
- A: Make a snippy comment, start to notice every unflattering part of my clothing choice, lose confidence in my selection, stew in anger, start to judge and criticize her parenting of me = exactly what I'm condemning HER of doing
- R: Create distance in my relationship with my mom.

# 2 Types of Models

## Intentional

- C: An event, statement or interaction occurs.
- T: Healthy or realistic thought that neutralizes the situation.
- F: A more positive emotion.
- A: Lucrative, constructive, or affirming behaviors create...
- R: An intentional, desired result.

## Example

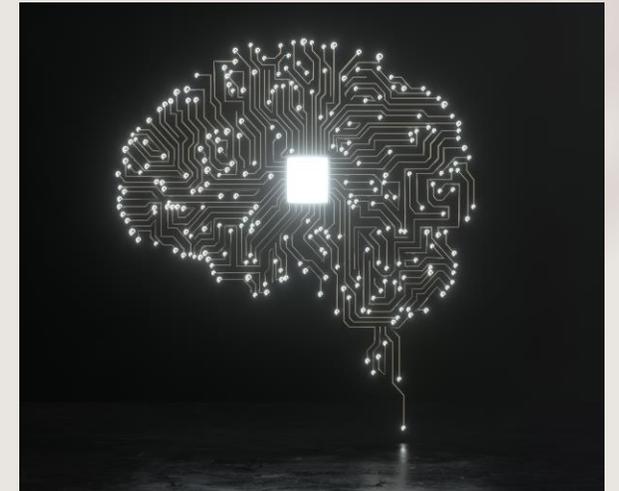
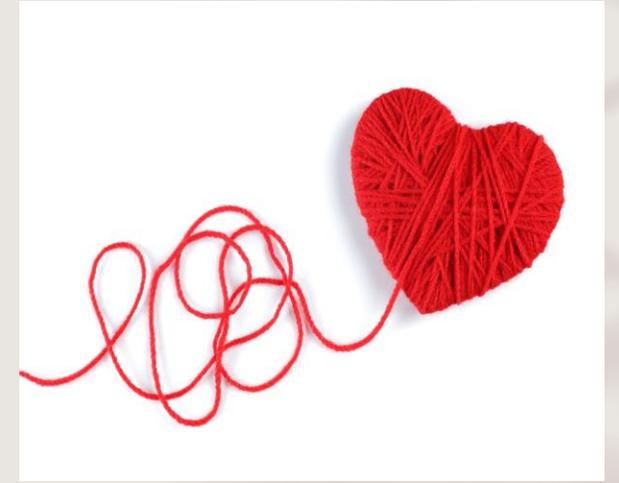
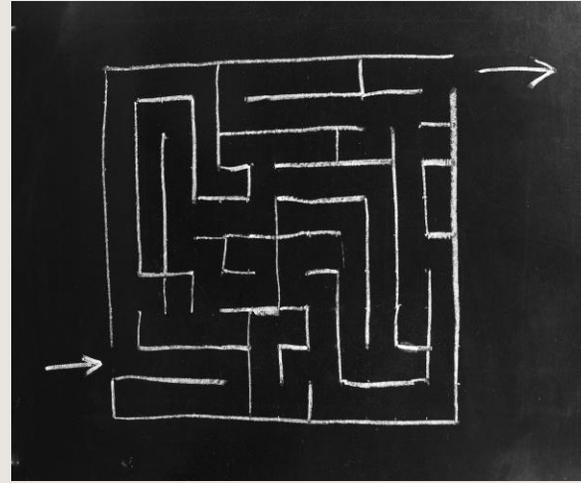
- C: Mom says, "Why don't you wear that other blouse?"
- T: "I wonder what she likes about the other blouse?"
- F: Curiosity
- A: Ask questions that lead to answers and can eliminate or minimize ideations of judgment made.
- R: Respect mom's opinion and remain neutral toward it on my end, which eliminates tension and preserves relationship.

# Intentional Model

- We have thought ahead of time how we want to respond, how we want to show up to such a situation or one similar.
- As we repeatedly choose the intentional model, it becomes easier and almost reflexive...This is Virtue.
- Why bother making the effort to change thoughts?
- You must have the desire to change or it will NOT be worth the effort.

# Summary

- Thoughts precede emotions
- We control our thoughts
- We can do the work to catch unhelpful thoughts and dismiss them before reacting to them
- We can learn to intentionally choose our thoughts in order for our emotions to lead us to virtue - to our greatest good
- This is self-possession. This is the only place from which it is possible to truly love from a clean place without motive, agenda or disappointment.



# Any Questions?!

Reach out for a  
discovery call or sign  
up for coaching!

