

Put one unintentional thought into the model and shift it to an intentional one.

Unintentional	Intentional
Circumstance:	Circumstance:
Thought:	Thought:
Feeling:	Feeling:
Actions:	
Result:	Result:
Unintentional	Intentional
Circumstance:	Circumstance:
Thought:	
Feeling:	Feeling:
Actions:	Actions:
Result:	
Unintentional	Intentional
Circumstance:	Circumstance:
Thought:	
Feeling:	
Actions:	
Result:	Result:
Unintentional	Intentional
Circumstance:	Circumstance:
Thought:	
Feeling:	
Actions:	
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