

THE Model

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

Unintentional

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____

Intentional

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____

Unintentional

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____

Intentional

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____

Unintentional

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____

Intentional

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____

Unintentional

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____

Intentional

Circumstance: _____

Thought: _____

Feeling: _____

Actions: _____

Result: _____