

## The Model Explained

To start, do a “**Thought Download**”:

- Write down everything you’re thinking about, unedited, without judgment.
- Choose a specific topic (drinking; an upcoming event; something that just happened). Write all of your thoughts about that topic.
- Ask yourself a question. Make sure it leads your brain to find **productive** answers (Don’t ask “What’s wrong with me?”):
  - “How can I make this easier for myself?”
  - “What am I doing that’s working?”
  - “What was I thinking when I wanted that drink?”

Next, **choose 1 thought** & plug it into the T line of the Model.

Fill in the rest of the Model & notice the effects of that thought.

C =

T =

F =

A =

R =

This is your **Unintentional Model**: the Model you had without awareness / conscious thought. Decide if you are happy with that Model.

Create an **Intentional Model**: the Model you want to have.

Use **Ladder Thoughts**: thoughts that inch your way towards your desired thought when you don’t fully believe your desired thought.

Unintentional thought = I’ll never be able to do this

Ladder thought = It’s possible I can do this

Ladder thought = I am working on doing this

Desired thought = I can do this

### C = Circumstance:

Facts of the situation.

As detailed as possible.

Things that **everyone** would agree on.

No opinions.

It’s raining is a fact. The weather is bad isn’t a fact.

He said, “You are stupid” is a fact. He is mean isn’t a fact.

### T = Thought:

Your thought about the circumstance.

1 sentence only per model.

"A drink will help me relax."

"I deserve a drink."

### **Do not put a question in the T line.**

If your thought is a question, ask yourself the question & put the answer in the T line.

Instead of, "Will I ever be able to do this?" write, "I'm scared I won't ever be able to do this."

### F = Feeling:

How the thought makes you feel.

Your emotion.

1 feeling only per model.

Frustrated.

Hopeless.

Motivated.

### A = Action:

The things you **do and don't do** when you are feeling the feeling.

List as many as possible.

Drink.

Beat myself up.

Worry that you don't ever be able to take control.

Don't feel good about myself or my future.

### R = Result:

The result of the actions you do and don't take.

Reinforces your thought.