

Thought Model Think Sheet (Overview)

Circumstance: What happened? (facts only)

Thought: What sentence goes through my mind that defines the circumstance?

Feeling: What feeling do I feel when I believe this thought?

Action: What action do I take when I feel this way?

Result: What result comes from this action?

Unintentional (the model I don't notice)

Intentional (the model I chose on purpose)

C:

T:

F:

A:

R:

Thought Model Think Sheet

Unintentional

Intentional

C:

T:

F:

A:

R:

Unintentional

Intentional

C:

T:

F:

A:

R:
