

## THE MODEL Circumstance or Thought

Write out the phrases you are thinking. Choose phrases from your thought dump.

Then, ask "is this a fact (circumstance) or a story (thought)?"

Phrase	Is this a circumstance or a thought?
	C T
	C T
	C T
	C T
	C T
	C T

## Remember...

- Facts are neutral and can be proven in a court of law.
- If you have a question, answer it!

