



THE MODEL

<p>C</p> <p>Circumstance</p>	<p><i>Facts (neutral)</i></p>
<p>T</p> <p>Thought</p>	<p><i>Phrase (no feelings and no questions)</i></p>
<p>F</p> <p>Feeling</p>	<p><i>One-word vibration in your body</i></p>
<p>A</p> <p>Action</p>	<p><i>Behavior: external, internal, verbal (things you do and don't do)</i></p>
<p>R</p> <p>Result</p>	<p><i>Effect of action or inaction; evidence of thought</i></p>