

Hi Everyone!

I am Brooke Castillo-the teacher of the class Self Coaching 101. These are the supporting materials I have created for this class. I used a notebook format in Word so you can find pages easily as I am talking. (Alternatively, you can use the pdf format also provided.)

If you notice to the right of the page there are icons that take you to new pages based on page number. By clicking on the tab you will be taken to the page on the subject we are discussing in the class.

In the class I will discuss the overall model I use for self-coaching, how to use it to identify the cause of any problem, how to access and feel your feelings and also how to change your thinking. Finally, I will discuss the importance of the being the Watcher of your own life and thoughts.

The work I use as a life coach is a combination of the work of all my teachers. I took the best ideas that resonated with me and created a one-hour class that tries to distill and incorporate them all. The teachers that have had the most influence in my work are: Byron Katie, Martha Beck, Esther Hicks, Pema Chodron, Eckhart Tolle, and Julia Cameron.

After the class, please join our forum at www.selfcoaching101.com and continue the work and discussions. You can also join a coaching group by contacting one of the coaches listed on the site. I hope to be doing some in-person seminars on these topics in the very near future-so please keep in touch.

The components of your “Social Self” life

CIRCUMSTANCES

↓ can trigger

THOUGHTS

↓ cause

FEELINGS

↓ cause

ACTIONS

↓ cause

RESULTS

Circumstances: Things that happen in the world. Facts.

Thoughts: Things that happen in your mind. This is where you self-coach.

Feelings: Vibrations that happen in your body-caused by thought not circumstance

Actions: Behavior-what we do in the world. Caused by feelings determined by thought.

Results: What we see in the world (our lives) as an effect of our actions. The result will always seek to be evidence for the original thought.

As you use this model and work on your thoughts- you will assume the position of the Watcher. Doing this work is the best way to get out of your Social Self and identify with a deeper level of consciousness. In doing this- you become more and more of who you really are-someone who is not at the mercy of unconscious thinking.

What is your current problem?

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What is your current problem? OR Do I have any negativity in this moment?

Answer this question without thinking too hard about it. Just write down your answer. It might look something like one of the problems listed below:

I have no meaning in my life.	I drink five glasses of wine a night.
I am tired	George Bush is president.
I am sad	I am ugly
My father is dying	I don't have enough money
I hate my job.	I have 20K to my name.
I weigh 275 pounds.	I am stressed about money.
I keep drinking too much alcohol.	

Once you have written down the problem-no matter how petty it might seem-you can categorize it into one of the five areas on the diagram.

For example: I am sad.

This is a **feeling**-so you would put sad next to "feeling" on the diagram.

(Circumstance)

Thought

Feeling SAD

Action

Result

Cont. from Previous Page

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From here you can fill out the rest of the diagram by asking the following questions:

What is the thought causing me to feel sad?

How do I act when I feel sad?

What is the ultimate result when I feel sad?

The same applies if you use a thought, for example: I hate my job.

Here you would put this thought next to thought on the diagram and then ask the following questions:

(Circumstance)

Thought I HATE MY JOB

Feeling

Action

Result

How do I feel when I think this thought?

How do I act when I think this thought?

What is the result in my life when I think this thought?

Sample in Thought Model

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CIRCUMSTANCE She did not show up on time.

↓ can trigger

THOUGHTS She does not respect me.

↓ cause

FEELINGS Angry, sad, rejected

↓ cause

ACTIONS Act passive aggressive. Make snide comments

↓ cause

RESULTS Less respect from her.

(The result will always be
evidence for the original thought.)

Alternative thoughts give different feelings and therefore different results.

Circumstance: She did not show up on time.

Thoughts: She must be busy-I won't take it personally.

Feelings: Appreciative she made it, relaxed

Actions: Act kind and understanding

Results: No affect personally-no negativity

You can use this model to understand almost all anything that is going on with you. If you don't understand your behavior-plug it into the action and work backward to find the feeling causing it. To understand your feelings you can plug it in and find the thought causing it etc. IT IS NEVER THE CIRCUMSTANCE CAUSING YOUR FEELINGS-IT IS ALWAYS YOUR THINKING ABOUT THE CIRCUMSTANCE.

Being present with your feelings is like opening a conscious doorway to your thoughts. All feelings are caused by thoughts. Some are caused by patterns of thoughts or beliefs. A belief is a thought you keep on thinking or have been thinking for many years.

The best way to understand yourself intimately is to feel your feelings from a place of consciousness. When you go through your day, ask yourself what you are feeling. Name the feeling and think about what it feels like in your body.

Thinking of feelings as simply vibrations in your body is very helpful. Think about the speed of the vibration. Think about where it is located. Be aware of how it moves within your body. Then name it again in your mind.

For example: anxious

It is a fast vibration in my body. It vibrates very fast in my head and chest. I notice my breath becomes shallow. I notice my eyes open wider. I notice the desire to move and take action. I hear a slight buzz in my ears. This is anxious. I am in anxious. I am doing anxiety. This is what anxious feels like.

The more specific you can be in describing your emotions the better. Try to see yourself from a different perspective while you are in the emotion. Notice if you try to escape the emotion. Notice if you try to avoid it or detach from it. Notice how long the feeling lasts if you stay with it. Notice any resistance against it.

How to Change a Thought

Brooke Castillo

Thoughts

This is the area on the model where all your power to change can be. By changing your thoughts- you literally change your life. So many of us have lived our lives believing that our thoughts are who we are. It is often very exciting to learn that our thoughts determine how we feel and we have the power to change our thoughts.

It is very important to realize that just because something feels true doesn't mean it is true. Remember that your feelings are the *effect of your thinking*-not evidence that it is true.

How do you know if you should question or change a thought? IF YOU DON'T LIKE THE WAY IT MAKES YOU FEEL. There is no need to question thoughts that feel good. Good feelings lead to good actions which lead to good results. Question any thought that doesn't give you the feeling, action or result you want.

It is also very important to understand the difference between a circumstance (fact) and a thought. A circumstance is something you may not have any control over; but your thoughts are completely within your control. For example, your mother dying is a circumstance, but your thought that she died in too early is a thought. Circumstances do not cause feelings, only our thoughts cause feelings.

There are many ways to change a thought-but I am going to teach you the easiest way. If you want to become a Master at changing your thinking-please go to www.thework.com, Byron Katie is by far the best teacher at changing thinking on the planet.

Cont. from Previous Page

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Here is my shortened quick start version of thought changing:

1. Write down the painful thought.
2. Write down the feeling the thought causes you to feel.
3. Write down a slightly better feeling thought that you know is true.
4. Write down the feeling the new thought causes you to feel.
5. Repeat as needed.

Example:

I am fat and ugly. (ashamed)

I have nice lips. (happy)

I have pretty hair (proud)

I am kind (content)

I am not as fat as I used to be (glad)

*Byron Katie will take you to a full turn around immediately and this can be incredibly powerful.

This process has you inch up the chain by finding a better feeling thought that you can already believe in completely. This combines the work of Esther Hicks, Byron Katie and Pema Chodrin.

I have found this process to be indescribably helpful in dealing with any negative emotion.

After you change the thought-plug it into the model and fully integrate what it would mean to you to focus on this thought that feels good.

When you become the watcher you have understood the power of self-coaching. You cannot be the watcher of your thoughts and also be your thoughts at the same time. By getting perspective on your life and stepping out of yourself to see your social self, you can see that you are not what you do, what you think, your results, or your body.

The part of you that is the watcher is the part of you that is connected to all other human beings and all other energies. When you tap into the part of you that is not the part of you reacting to emotions, you have tapped into the part of you that is powerful beyond measure.

Become the watcher as often as possible. See yourself from a compassionate remote perspective. Look at everything you do in your life with fascination and curiosity. Do not judge your actions or your thoughts but notice them. Just be in the noticing.

Use the model as a way to learn about your social self (your ego) and as Eckhart Tolle would say, "Learn what you are not." That is not who you are. We are what is present without the negative thoughts and emotions and actions and results. We are the unchangeable force behind it all.