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*Your Mind*  
+ EMOTIONS

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PART 2

## 4: YOUR MIND + EMOTIONS PART 2

# WELCOME

### SECTION OVERVIEW

- Practice of model from last class
- How thoughts can be used as an indicator and tool
- Brooke Castillo's CTFAR self coaching tool
- Practice of the new tool with real life examples.
- Where your true power lies
- Love as a powerful source of creation

### REFLECT + DISCUSS

Did you notice a change in your awareness after our last class? If so describe your experience:

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Let's practice an example by using the model from the last class.

1. Briefly describe an event that triggered symptoms of leaving your true self.

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### 3: YOUR MIND + EMOTIONS PART 2

## SEE THINGS AS THEY REALLY ARE

### 2. SEE THE STORM

To further remove your identity from the stress experience, pay attention to how each aspect of your being is being affected by the upset. When we do this it helps make our experience more objective and it makes it less threatening + overwhelming.

#### MENTAL

What thoughts is your brain generating?

*Is it judging/blaming you, others or both?*

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#### EMOTIONAL

What emotions do those thoughts generate?

*It is easy to mix thoughts and feelings. TIP: Feelings can typically be stated in one word: Withdrawn, worry, inadequacy, hopelessness, fear of judgement, shame, Irritation, resentment, impatience, hatred, disgust, etc.*

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#### PHYSICAL

How does your body respond to those feelings?

*This includes all your physical sensations such as tightness in the body, sensation of being blocked, heart palpitations, sweaty palms, dizziness, tired, etc*

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## 4: YOUR MIND + EMOTIONS PART 2

# THE TRUTH WILL SET YOU FREE

### BEHAVIORAL

What do those feelings make you want to do? (impulses)

*What we do is always something we can control, however, often in stress, our biology primes us to fight, flight or freeze. Notice the aspects of yourself that wants to run away, escape emotion through buffers, hide, lash out, rebel, cry, scream, hurt/punish yourself or others, etc*

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### FOURTH - USE TRUTH THOUGHTS\*\*

Use a handful of truth thoughts as a tool to help you deal with symptoms of stress and allow the experience of upset to run their course

Truth thoughts that can help redirect your mind to peace:

- Distressing thoughts and feelings are only my current experience, not my identity
- Fear is simply a belief and beliefs can be changed\*
- I can endure this temporary uncomfortable feeling. It is not dangerous to me.
- I can drop the expectation that is causing my distress
- I can gently direct my body to do what my mind fears. I can teach it there is no danger.
- Symptoms of upset can seem distressing but they are harmless
- Self-appointed expectations lead to self induced frustrations
  
- \*\*Additional truth thoughts found on page 40

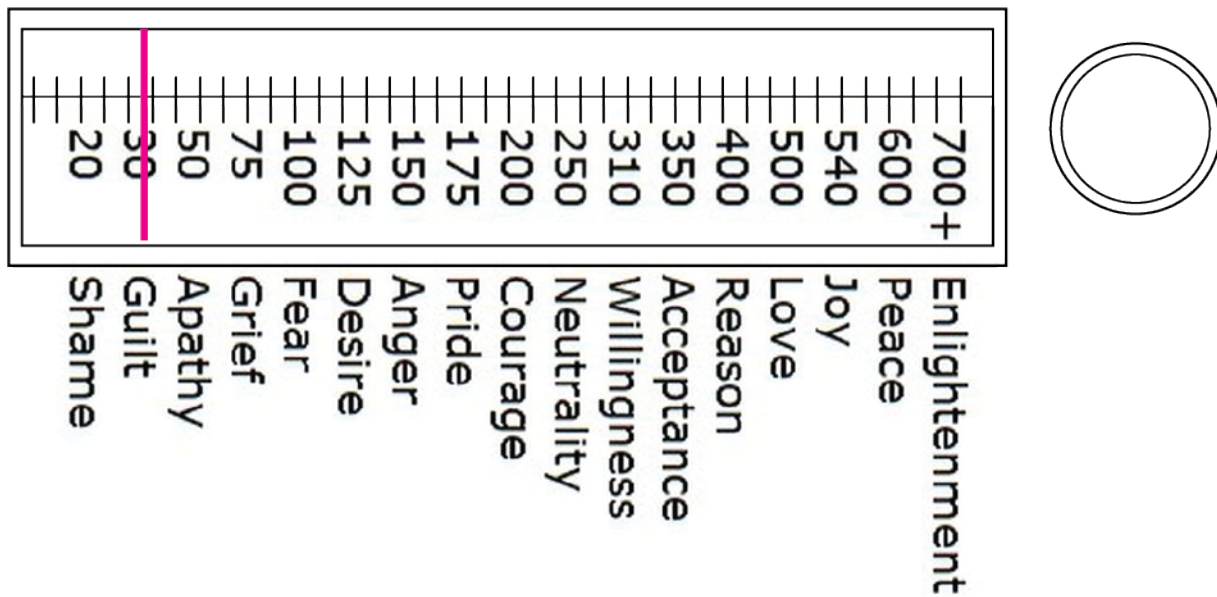
### 3: YOUR MIND + EMOTIONS PART 2

## FOOD FOR THOUGHT

### THOUGHTS AS A TOOL AND INDICATOR

You are not your thoughts. You are the observer of them. You are the awareness behind all your of physical/mental/emotional experiences.

Thoughts, however can be used as indicators of where you are in your energetic vibration. They will tell you what wavelength your mind is on. Think of it like a radio station. Which stream of thoughts are you experiencing?



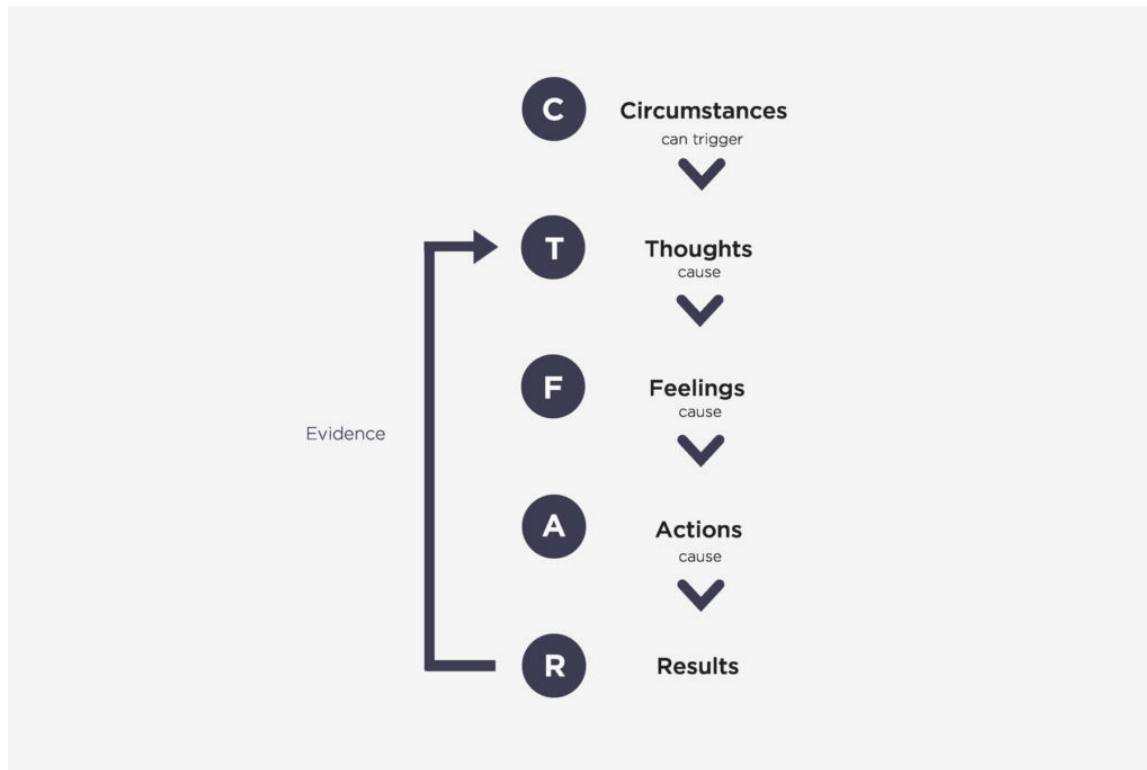
If you want to change the channel, turn the thought dial until you get there. Remember to gradually move your thoughts up the scale.

The thoughts you choose to believe and generate are a powerful tool in determining your feelings, actions and results. The better you become at observing and redirecting your mind to useful thoughts, the more you will find you can manage your entire life.

## 4: YOUR MIND + EMOTIONS PART 2

# SELF COACHING TOOL

### BROOKE CASTILLO'S CTFAR SELF COACHING TOOL TO SOLVE ANY PROBLEM



**CIRCUMSTANCES-** Are neutral until you have a thought about it.

**THOUGHTS** - A sentence in our mind creates..

**FEELINGS-** (one word descriptor) will move you into...

**ACTION-**This is how we show up. Our actions will differ with each feeling we experience-what you do will create your...

**RESULTS-**Will always prove your original thought

### 3: YOUR MIND + EMOTIONS PART 2

## SEEING IT IN PRACTICE

LET'S TRY OUT AN EXAMPLE USING A PROBLEM YOU ARE EXPERIENCING IN YOUR LIFE RIGHT NOW.

#### DESCRIBE THE CIRCUMSTANCE

*Remember this is an objective experience told in facts without your thoughts or opinions about it.*

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#### WHAT THOUGHTS DO YOU HAVE ABOUT IT.

*Start with one sentence that you believe about your experience.*

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#### WHAT FEELINGS DOES THAT GENERATE IN YOU.

*Use one word descriptors such as anger, sadness, upset, frustrated, worried, etc.*

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#### WHAT DO THOSE FEELINGS MOTIVATE YOU TO DO?

*This is how we show up. It could be action or inaction. Our actions will differ with each feeling we experience.*

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#### WHAT RESULTS DOES THAT BRING YOU.

*Your results will always provide evidence for your original thought.*

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## 4: YOUR MIND + EMOTIONS PART 2

# CREATE A NEW MODEL WITH INTENTION

LET'S TRY OUT AN EXAMPLE USING INTENTIONAL THINKING TO REDIRECT OUR AWARENESS.

### DESCRIBE THE CIRCUMSTANCE

*Remember this is an objective experience told in facts without your thoughts or opinions about it.*

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### WHAT THOUGHTS DO YOU HAVE ABOUT IT.

*Start with one sentence that you believe about your experience.*

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### WHAT FEELINGS DOES THAT GENERATE IN YOU.

*Use one word descriptors such as anger, sadness, upset, frustrated, worried, etc.*

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### WHAT DO THOSE FEELINGS MOTIVATE YOU TO DO?

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### WHAT RESULTS DOES THAT BRING YOU.

*Your results will always provide evidence for your original thought.*

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### 3: YOUR MIND + EMOTIONS PART 2

## MODELS TO PRACTICE

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T-	_____
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# YOU GOT THE POWER



### THE POWER IS ALL YOURS.

When we come to terms with how we are creating our own experience through our thoughts, feelings and actions, it may seem overwhelming.

After learning this truth, it maybe tempting to blame ourselves or beat ourselves up when we see that we have created something that is not desirable. However, that is entirely counterproductive. Instead, we can have self compassion for our humanness and nurture areas that need more attention. If we are creating a negative experience, we also have equal power to create a postive one. Owning it all puts the power all back in our hands to create a different experience.

Identifying our responsibility and power in our situation lets us intentionally create the reality we desire.

### WE CAN DEFAULT AT VICTIMHOOD OR CHOOSE TO BE A CREATOR.

Remember, our brains LOVE default mode. It is so much less effort and energy. Our human nature default is victimhood. Victimhood means that we are not responsible for our own suffering, thereby something outside of us must change for us to feel better.

### 3: YOUR MIND + EMOTIONS PART 2

## TO ACT AND NOT BE ACTED UPON

### CHOOSE TO CREATE RATHER THAN REACT

When we choose to create, we step up to our higher responsibility. We are no longer at the mercy of our circumstances, we are deliberately choosing how we will think and feel regardless of our surroundings. This is where all our power lies.



### LEARN TO CHOOSE LOVE

Knowing we can cultivate our emotions deliberately, we can choose to experience the very best emotions for ourselves. Of all emotions to pick, LOVE and all that other emotions that resonate with it is the VERY BEST.

It is the point of all creation.

Meaning, the PURPOSE of why we were created and also the source through which all good things can be created from.

When we are vibrating in state of pure love, we can intent any good things and it will likely easily come to be.

## 4: YOUR MIND + EMOTIONS PART 2

### TAKE AWAYS

#### TAKE HOME MESSAGE FOR YOU

What personal take-aways come to mind to implement in my life regarding mental and emotional health?

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