

STFAIR Model Sideways

| Situation | Thought | Feeling | Action | Intention | Result |
|-----------|---------|---------|--------|-----------|--------|
| | | | | | |

| | | | | | |
|---|---|--|-------------------------|--|---|
| <p>Facts ONLY. NO interpretation. What would a video camera record?</p> | <p>What thoughts did you have about this situation? Which thought seems to bring up the strongest emotion? 5 Fold Why What story did you tell yourself? Where did those thoughts come from?</p> | <p>1 word. Happy, sad, mad, anxious/scared, peaceful, strong</p> | <p>What did you do?</p> | <p>What was your intention? Body, mind, heart, spirit?</p> | <p>What was the result? Body, mind, heart, spirit. What feeling did you have?</p> |
|---|---|--|-------------------------|--|---|

Choosing a new thought - Sometimes may need to observe thought for a while before choosing a new one

What evidence do I have for my old story/thought? (past experiences, early experiences with parents, siblings, romantic relationships, teachers, church or other leaders, etc.)

What evidence do I have **against** the old story/thought? How is this thought **not useful** or **not serving me?**(Make as long a list as you can)

How is it a **lie?** What is the **truth?** (e.g. if the thought is “I’m worthless,” the truth is that you have infinite worth)

What thought can I choose **instead** in a similar situation that will give me a better feeling? (Keep it short and powerful. Inspirational or scripture quotes can sometimes help)

Choosing a new action and intention

Now that I have my new thought, what will my new action be in a similar situation? What will be the intention behind that action?

New Result

What do I want the new result to be? What was the result?