

The STFAIR Model

Use this model to look at any situation or result that you are getting in your life right now.

This will help you create new results in your life QUICKLY.

Use this model when you submit questions to the program as well.

You can use this sheet to fill things out.

You're also required to submit at least ONE of these sheets each month for your first year in the program.

The key is figuring out what **thoughts** are causing problems for you.

Also, remember, **only you** are responsible for your thoughts, feelings, actions, intentions and results. No one "makes you" feel or do anything. No one "makes you" have the results you have.

And, you don't make anyone else feel or do anything. That's their choice.

Remember that! You are the only one responsible for your life.

This tool will show you how to get the feelings and results you want in life, including great sex with your wife!

Situation

Facts ONLY. No interpretation. What would a video camera record?

Thought

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? (past experiences, early experiences with parents, siblings, romantic relationships, teachers, church or other leaders, etc.)

Action

What did you do?

Intention

What was your intention with this action? What did you want to happen?

Physical, mental, emotional, spiritual, sexual

Result

What was the result of your action?

Physical, mental, emotional, spiritual, sexual?

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?