

The Self-Coaching Model

Resetting Your Life Through Self-Coaching

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The Phases Of Self Coaching

As we learn the process of self-coaching, we must apply the concepts to our life to proceed through the phases. It's not enough to understand it and practice it as an intellectual exercise. We must use the tool on our own brains to move through the phases.

Phase 1: Understand the concept. An intellectual understanding of the definitions and how the model works.

Phase 2: An awareness that results are self-created.

Phase 3: An awareness that actions are always voluntary **choices**.

Phase 4: An awareness of emotions, an ability to feel them, and the recognition that they are always caused by our thinking.

Phase 5: An increasing awareness of thoughts and beliefs as they present.

Understanding that all thoughts are optional and that thoughts are the source of all feelings, actions, results in our lives.

The phases start with understanding and proceed to a level of increased consciousness. The application and growth increase complete empowerment. In the beginning, as we learn these concepts, we will start to recognise that we can think about circumstances differently. Although this is a massive paradigm shift and will offer relief and growth, it is really just the beginning. The distinction here from phase one to phase five is significant. We aren't just learning how to have positive thoughts about negative circumstances. We start to realise that the only thing that makes a circumstance negative is our thinking.

Circumstances

Circumstances are things outside our control.

These include other people, our past, and the weather. Sometimes we forget that we can't control these things, so we use energy trying to control other people or change our past.

As frustrating as this can be, there is good news; while we can't control our circumstances, we can control everything else, including what we decide to think and how we feel and behave.

Circumstances can be proven in a court of law and are facts that everyone would agree upon at any given time.

As you're describing a problem or situation, there will be very few circumstances. You may think you're just relaying the facts, but in reality, they're your thoughts instead

Circumstances are never negative.

Thoughts

We give meaning to our circumstances through our thoughts, which are the sentences that constantly run through our minds. Sometimes we're aware of our thoughts, but often we aren't.

Examples include, "I'm not good enough" or "My friends don't appreciate me." We can't change our circumstances, but we can change our thoughts about them.

The root cause of any problem is always our thinking; it's not the circumstance, but the way we think about it. It's not our feelings, but rather the thought that created the feeling. It's not our behaviour, but our thoughts and feelings that resulted in the action or behaviour.

Our thoughts directly create the results we experience in our lives. Therefore, the cause of our problem is not the unwanted results, but the thoughts that led to those unwanted results. Your current thinking is what creates your current life, so we begin there. Differentiating thoughts from circumstances will be an important first step for you in self coaching.

Remember that circumstances are factual, while thoughts are subjective, may change from person to person, and are not true all the time. For example, "It's 20 degrees outside" is a circumstance, while "It's hot outside" is a thought because some people might not agree that 20 degrees is hot.

Feelings

Feelings are the emotions or vibrations we experience in our bodies, and they're directly related to the thoughts we're thinking, like anger, sadness, and excitement.

Don't confuse feelings with physical, involuntary sensations such as hunger, cold, reflexes, and physical pain.

Emotions are voluntary because we can change what we feel by changing our thoughts.

We often think that our feelings come from our circumstances. We say things like, "My mum didn't cook dinner by 6.30 (circumstance), so I'm disappointed (feeling)." Or we say, "My boyfriend is home (circumstance), so I'm very excited (feeling)." But the truth is, our feelings come from our thoughts.

Because we have over sixty thousand thoughts a day, we're not consciously aware of them all, but they are the reasons for every feeling we have.

When your mum doesn't make dinner, you have thoughts like, "Now I have to do it, your crisis is more important, I can't relax when I need to". These thoughts are what give you feelings of disappointment, not the circumstance itself.

Actions

Actions refer to behaviour, reaction, or inaction, and they're directly related to our feelings.

Examples include eating when we're not hungry because we're feeling lonely, avoiding interaction because we're feeling anger, and withdrawing from relationships because we're feeling sad.

If we want different actions, we can choose different feelings. Sometimes actions are subtle, such as a change in the tone of your voice. Or it might be inaction, such as avoiding certain people or situations.

Many of us think we're able to hide our true feelings when necessary and choose how we act despite them.

Sometimes we do, but in the end, our most effective actions come from positive feelings. When our actions are inauthentic, we come across differently to others.

When we manage our thinking and take action from the feelings we want to have, we can change behaviour for the long term and create amazing results in our lives.

Results

Results are the effects of our actions.

Examples include being overweight because we've been eating when we're not hungry and having dysfunctional relationships because we're avoiding interactions.

Choosing different actions will lead us to different results. We may think our results are circumstances that have been handed to us and that are beyond our control. But the truth is, we are entirely responsible for our results because they come from our actions and are a result of our feelings, which come from our thoughts.

This is great news because thoughts are within our control. If you can examine your mind, you can gain the skill of choosing thoughts that empower you to create the results you truly want.

When coaching yourself make sure you are always in a place of compassion, understanding, and love, and from there, you can ignite yourself to change. Don't beat yourself up in an attempt to change; it's not sustainable.

Love yourself first and then change from that place.

Your Mind Likes To Be Efficient

Your mind likes to be efficient, so once it has been thinking the same thoughts in the same patterns over and over again, it requires practice and skill to change. If you're trying to change your thought patterns, you'll need to practice patience. Otherwise, you're in a battle with your own mind, and when it's you against your same old ways, you're always going to lose.

When you approach yourself with fascination and love, you can see major changes in specific results and in your overall life by applying the model. It can be used to solve any problem because all of our problems come from our thinking.

For example, my client often people pleased when she was with her family. If she was to beat herself up for people pleasing, she could think there's something wrong with her and compare herself to others. This isn't going to serve her at all and make her feel worse.

Whereas loving herself for wanting to make people happy, even at the cost of her happiness, then accepting that this was a strategy she used to try and 'make things better for her family' meant she had compassion for herself and her family.

From this place of compassion, she gave herself grace and was empowered to try something new.

Intentional Thought Work

A lot of us don't realise that many of our thoughts are not serving us. We think that it's the circumstances of our lives that are creating our experience in the world, but really, it's our thinking about our lives that's creating our experience in the world.

We want to start focusing more on what we are thinking and why, and ask—are we thinking deliberately? A

re we really making the choice of what we want to think in our lives?

It's really important to understand that there are things in the world that happen that we have no control over. Other people, our past, things that have happened to us—we have no control over those things, but we do have control over how we think about those things and what we make those things mean.

A lot of times, people will say, “But I don't feel like I have control over my thinking.”

You don't feel like you have control over your thinking initially, because you aren't aware of what you're thinking.

Intentional Thought Work

The first step is becoming more aware of how you're thinking about your life. I'm not talking about just becoming more mindful of your life. I'm talking about becoming more mindful of your mind and really thinking about why you think what you think, and if you want to continue to think the way you're thinking.

These are deep questions, but once you start watching your own mind and eavesdropping on it, you realise that you aren't your brain.

You're the person watching your brain. A lot of times, your brain has been programmed inadvertently without consciousness. You haven't been telling your mind what to do, so your mind is busy telling you what to do. You're obeying it because it's your mind. This work is about, first of all, becoming aware of what you're thinking and understanding your habitual thought patterns.

When you can start recognising that "I act this way because of what I'm feeling. I feel this way because of what I'm thinking," that can really change everything for you because that awareness, in and of itself, can help with the process of change. Becoming aware of what you're thinking is the first step.

Once you become aware of your thinking and feeling patterns and how you're reacting to them, the next step becomes catching yourself before you react.

When you recognise that something is just a thought/feeling combination, and not something you have to react to, that's when you can start changing those behavioural patterns.

The Benefits of Self Coaching

Here are the reasons to use the self-coaching model daily:

- *To feel better*
- *To create results*
- *To become conscious*
- *To think more deliberately*
- *To create what you want in your life*
- *To become aware of negative thinking and emotions*
- *To create positive thinking and emotion*