

Better Together

physician coaching

Introduction Workbook

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Welcome

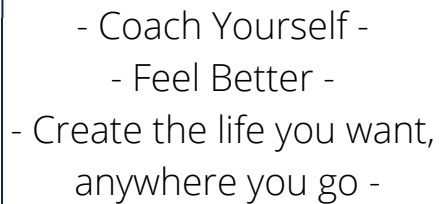
Hello Friend,

We are so glad you are here.

By being in this program you have made a commitment to yourself. Congratulations! This is an important step in choosing the life you want in medicine and beyond.

In this program, you will learn the skills to manage your mind, honor commitments to yourself, and practice unconditional love for yourself and others. In this process, you will define what personal and professional success look like for YOU, and get after it.

In Better Together, we will teach you how to:



- Coach Yourself -
- Feel Better -
- Create the life you want,
anywhere you go -

This is a big deal, and you deserve it.



Welcome

What are we doing here?

In its original meaning, a coach is a vehicle that takes a person from one place to another.

As your coaches, our job is to guide you from where you are now to where you want to be. You will learn tools to harness your strengths, uncover your motivation, generate your own clear vision and goals, and achieve them.

You will learn to coach yourself through any challenge or experience. You will discover that metacognition (thinking about your thoughts) gives you the power to take back your life.

We will use tools developed by the Life Coach School and others to learn about the relationship between your thoughts, the way you feel, and the results you get in life. We will support you as you set out and achieve things you never thought were possible.

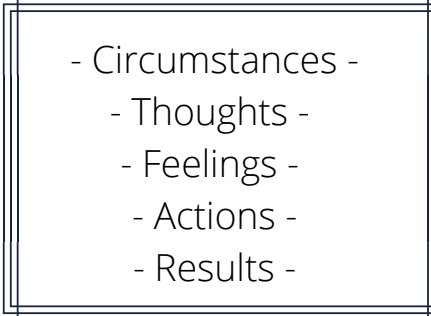
- Adrienne , Tyra and the BT Team

Introduction to The Model

... and how our thoughts generate our results

In this program, we will be using a tool to understand the relationship between our circumstances in life, our thoughts, the way we feel, the actions we take, and our results. We will refer to this tool as "The Model". The Model was developed by Brooke Castillo and is the foundation of coaching at the Life Coach School.

The model shows everything in life fits into one of 5 categories:

- 
- Circumstances -
 - Thoughts -
 - Feelings -
 - Actions -
 - Results -

Circumstances

Circumstances are objective facts.

Circumstances are usually external to us and include the existence of other people, the past, the weather, words people say, a score on a test, or the outcome of a patient. We often think a circumstance makes us feel a certain way. More money in the bank or a good result for a patient makes us feel good, right? Not so fast.

Introduction to The Model

Thoughts

Thoughts are the meaning our brain gives to circumstances.

Our brain's job is to create a story that gives our circumstances context weight. Thoughts are sentences that run through our heads, narrating every moment of our waking existence. Thoughts about a given circumstance can change over time and are different from person to person.

Circumstances		Thoughts
• It is 85 degrees	→	• "It's hot outside"
• Patient has a complication	→	• "I'm a terrible doctor"
• I have a sister	→	• "Life is so much easier for her"

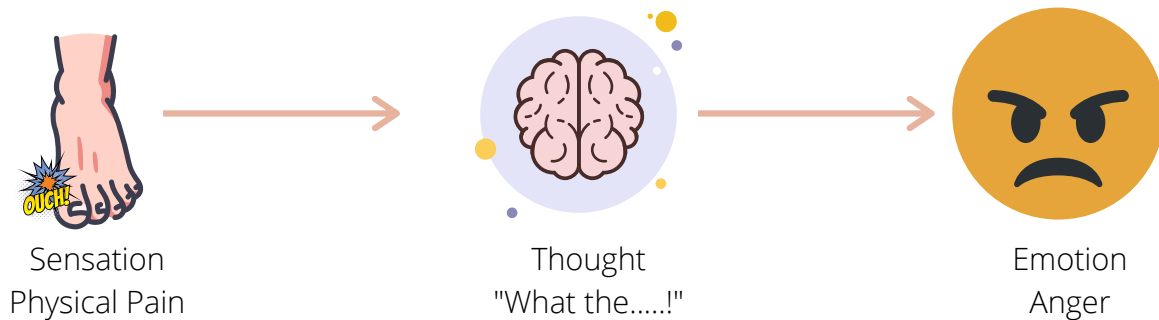
We can't usually change our circumstances, but we CAN always change our thoughts about them. Differentiating our thoughts from our circumstances is the first step in coaching yourself through anything.

Feelings

Feelings are the emotions or vibrations we experience in our bodies as a result of our thoughts.

Feelings begin in our brain and manifest in our bodies. Examples are anger, grief, joy, and excitement. We will use the words feelings/emotions interchangeably. Feelings are different from the involuntary physical sensations like hunger, pain, heat, or cold. Those sensations are relayed to your brain from afferent neurons.

Introduction to The Model



We often attribute our feelings to our circumstances. If we are stressed at work, it's because our patient was late, the MA didn't set up your tray how you like it, or your attending gave you a piece of critical feedback. Right?

In this program, we will learn to untangle emotions from circumstances and pay attention to the thoughts in between.

Actions

Actions are the behaviors, reactions, or inactions that we take in response to our feelings.

In the example of the late clinic patient, we may rush the exam and be distracted during the encounter. Sometimes our actions can be subtle, like a change in our tone of voice. Or it can be inaction, like avoiding an important task since you're already late. If we want to take different actions, those come from different feelings. When we manage our thinking and take action from a deliberate place, we can change our actions and experience new results.

Introduction to The Model

Results

Results are the effects of our actions on US.

The results that you control will always be FOR YOU. Your experience of a busy clinic day, your relationships, the work that you do, how you spend your time, the goals you set, and the goals you achieve are all results you have the power to control. You and you alone are entirely responsible for your results because they come from your actions.

Here's an example of a Model in action:

Isaac is a mid-career physician who is preparing to give Grand Rounds for his department next month. He was asked specifically by his chair and accepted the invitation months ago, but now is having second thoughts. He hasn't started to prepare yet and has spent many nights dreading the talk. He thinks of his colleagues who are surely better prepared to give the talk, and decides that he is not well-equipped. He starts to question if he even belongs in academia and then feels guilty for taking this from others who are more deserving. Even thinking about the presentation brings up anxiety and it feels like the stress is taking over. He finds himself snapping at family, being short with colleagues, and now not even enjoying moments when he's not working on this presentation.



Introduction to The Model

Let's break Isaac's Model down:



Circumstance: *I was asked to do a GR presentation.*

Thought: *I am not well-equipped for this nor am I an expert in this subject area.*

Feeling: *Anxiety*

Actions: *Work inefficiently, procrastinate, then shame self for it. Take out stress on family members. Regret the decision, question prior self. Make up a story about taking away someone else's chance (as if he had that power).*

Result: *He proves that he is unequipped to present and to enjoy the preparation.*

In Isaac's case, he is making his nerves about the talk mean that he is not equipped for the presentation. Of course he feels anxious! What the model shows is that it is his thought about the presentation that made him feel anxiety. What other thoughts could Isaac think about this opportunity? What other ways could he feel?



Introduction to The Model

We think > 40,000 thoughts per day!

Those thoughts create the story of our life. Some thoughts we have been thinking for years and years- so many times that we believe them to be true.

Some thoughts keep us safe but also keep us stuck. It takes practice, patience, and more practice to develop awareness of your thoughts, and even more practice to change them.

The good news is, you have plenty of time!

When you approach yourself with compassion and love, you will begin to see major changes in your life. Using the Model to critically examine your thinking is the foundation of the coaching we will do together.

Where to start?

Start with a THOUGHT DOWNLOAD (TD). A TD is a dumping out of your brain onto paper.

It is the process of writing down all your thoughts so you can take a good look at them. From there, you can examine which things are facts/circumstances and which are your brain's story. When you look at your TD with curiosity, you will begin to see how much of your day-to-day experience is more subjective than you realized.

Thought Download

Use the space below to write for about 5 minutes. Don't edit or censor yourself. Just write. When you are done, go back through and tease apart the circumstances (C) from the thoughts (T). From there, choose ONE circumstance and ONE thought to place into a Model. What is the strongest feeling (F) that thought generates in you? What actions (A) do you take or not take as a result of that feeling (write down as many as you can)? Finally, what is the result (R) you create with these actions?



Thought Download

A large, empty rectangular box with a thin gray border, occupying most of the page. It is intended for the user to write their thoughts.



Model Worksheet

C

T

F

A

R

C

T

F

A

R

C

T

F

A

R



Model Worksheet

C

T

F

A

R

C

T

F

A

R

C

T

F

A

R