

Das Thought-Model

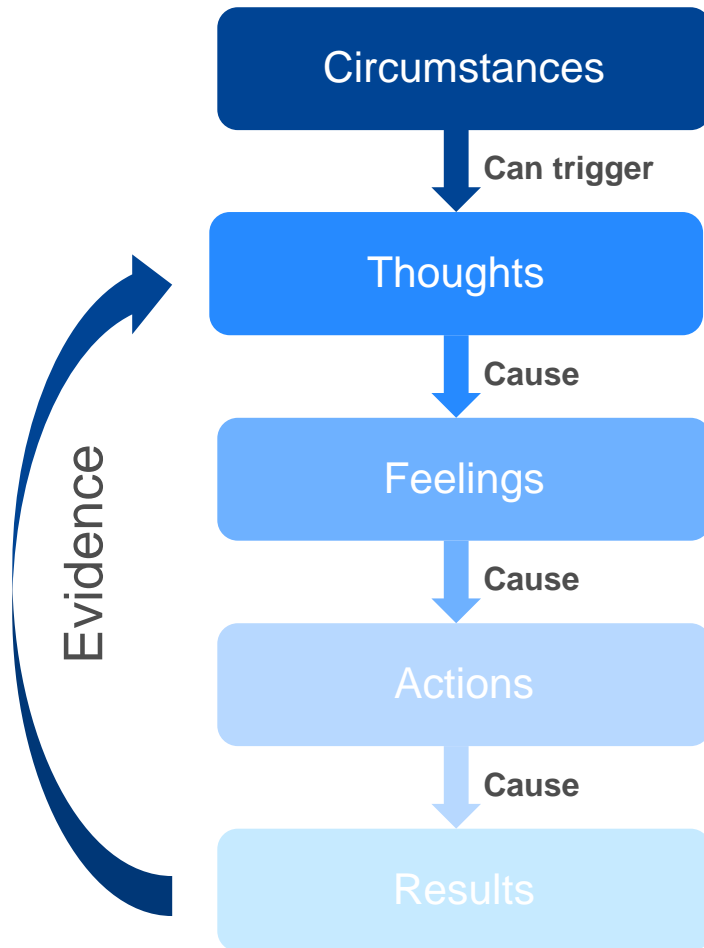
Description

- The thought model helps us to realize how we interpret someone else's behavior or external circumstances and how this does influence our own action

Description

- Beliefs are not facts
 - Beliefs are influencing our thoughts
 - Example: Employee late to work → I think he doesn't like his job/ he doesn't care

The Model



- Things that we can not control (external effects)
- Provable facts

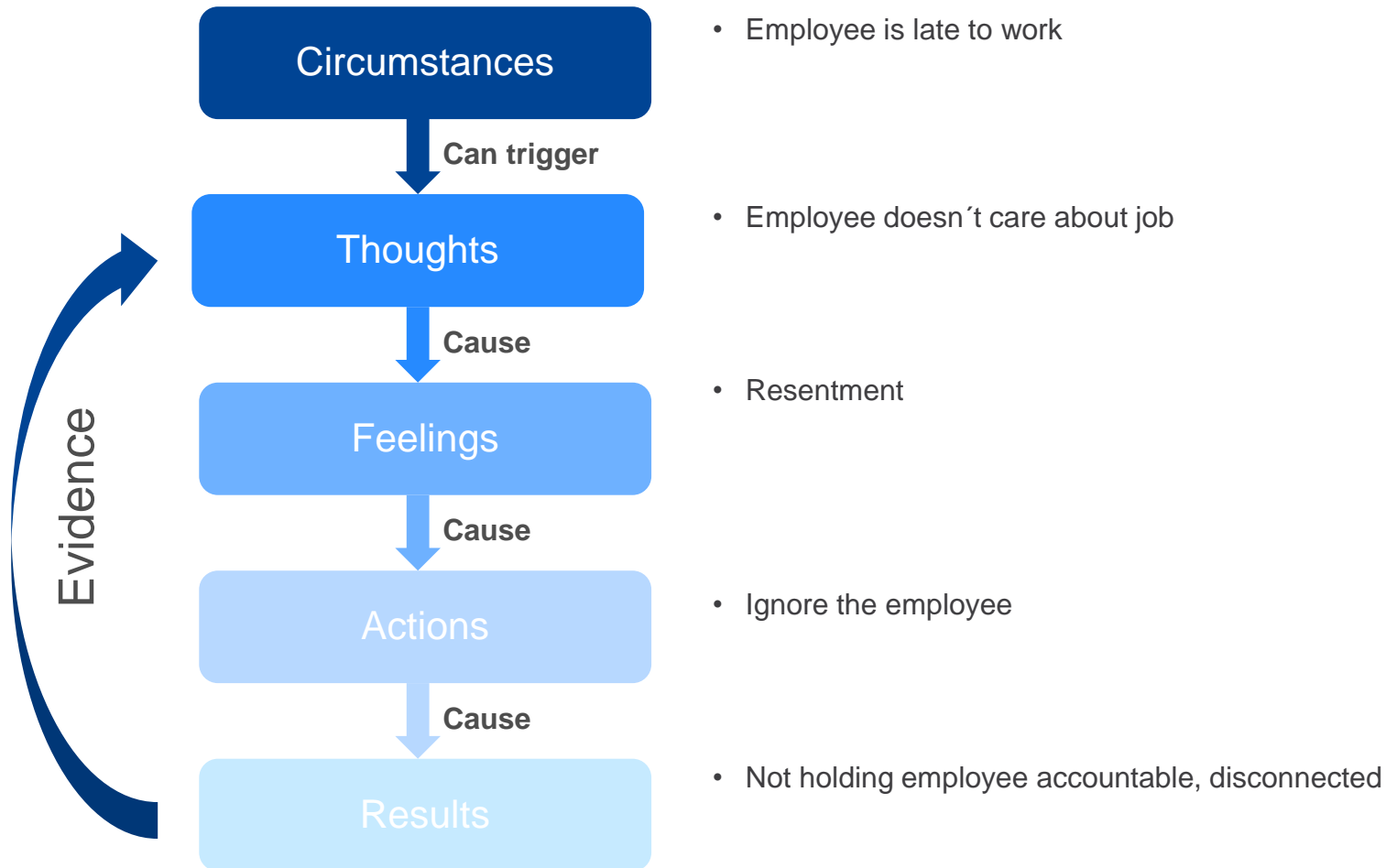
- People have different thoughts and feelings about circumstances
- Our thoughts determine how we feel about circumstances
- A thought is a sentence in your mind

- Believe what happens in the world drives how we feel
- Rainy weather makes me feel depressed
- Attribute the circumstances to how we feel

- Feelings drive how we act
- Actions are our own responsibility

- Results prove original thought true
- Thoughts drive relationships and outcomes that you get for yourself

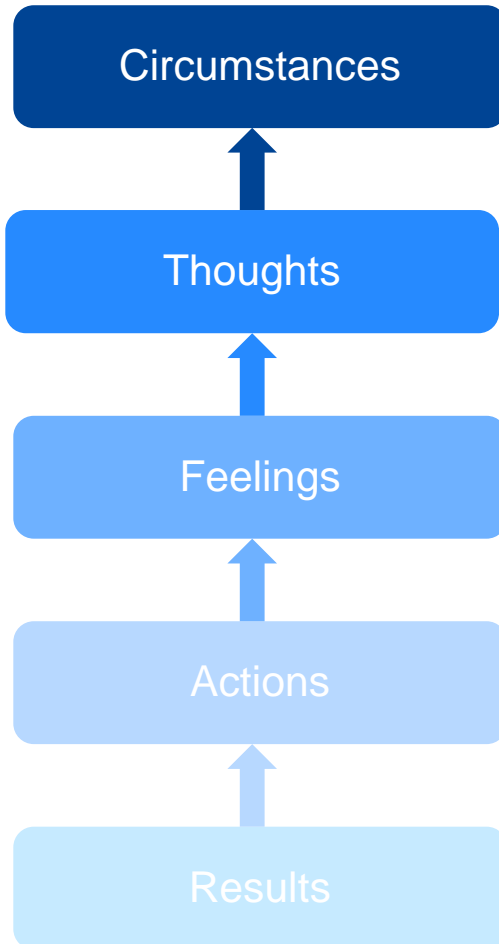
The Model - Example



Description

- A *Thought* is a way you define a fact
- *Circumstances* and facts are provable
 - *Thoughts* are the meaning we give to them
- Can change Thoughts on purpose
- Feelings come from our mind
- Many people believe circumstances drive how we feel
- Wait for external circumstances to change to feel better
- Essential to manage thoughts and beliefs
- How we think will drive the results that we get
- Success or failure has to do with what you tell yourself

The Model - Example



- Work on circumstances which provoke behaviour
- There might be circumstances why the employee doesn't handle his mails
 - Family problems
 - Traffic jam
- Confidence to reach desired result
- Have a meeting with the employee and try to understand the reason why he is late at work
- Employee should be there on time

Summary

- Sometimes we wait external circumstances to change in order to feel better
- Essential to manage thoughts and beliefs
- Your emotions are your responsibility, not someone else's
- If we want to influence results we have to start on us

Online Links

- <https://www.coursera.org/learn/managing-as-a-coach/lecture/78PWF/thought-model-part-1-circumstances-thoughts-and-feelings>