

GENERAL TERMINOLOGY & DEFINITIONS

ACTION: Something one does that creates a result and is driven by a feeling. In the CTFAR Model, “action” is abbreviated with the letter “A.”

APPROPRIATE DISCOMFORT: The idea that it is sometimes useful and important to allow ourselves to be uncomfortable.

BALANCE OF EMOTION: The theory that the human experience is designed to be made up of half “negative” and half “positive” emotions and that this duality adds value, meaning, and depth to our lives.

BELIEFS AND BELIEF SYSTEMS: A belief is a thought you keep on thinking. Belief systems are the guides that drive our lives. The problem comes when we don’t recognize that beliefs are optional thoughts and can be changed.

BLAME: The act of assigning responsibility to someone else.

BOUNDARIES: A boundary is what you will do when someone violates your space. It is not what they need or have to do. If someone comes into your space emotionally or physically, you let them know how you will respond. Setting boundaries from a loving place creates relationships free from negativity.

BUFFERING: An activity we do to avoid fully experiencing our lives that has a net- negative consequence. Examples include overeating, overdrinking and overspending— anything done to excess and at your expense.

CIRCUMSTANCE: Things that happen in the world that we cannot control. Circumstances are factual—strictly the facts. No drama or opinions, please. They are neutral. In the CTFAR Model, “circumstance” is abbreviated with the letter “C.”

CONSTRAINT: A limitation or restriction you put on yourself that simplifies your life. This is critical to minimize overwhelming feelings.

DECISION FATIGUE: The deteriorating quality of decisions made by an individual after a long session of decision making.

DISCIPLINE: The ability to have self control and restraint against base primitive desires.

DO GOAL: “Do goals” not just concepts we have in our minds of things we’d like to accomplish; they’re actually the actions we need to take. a structured way of taking massive action.

FAT ADAPTATION: When one's body can efficiently utilize fat as a fuel source and one can go without eating without discomfort or adverse symptoms for a stretch of several hours.

FALSE PLEASURE: Any indulgence that, when done in excess, causes a net negative result in one's life. It is often a naturally occurring pleasure that has been processed and re-packaged to produce an artificially high dopamine hit (e.g., cocaine, heroin, alcohol, sugar, flour, Facebook).

FAILING AHEAD OF TIME: Failing to take action to create a desired result in an effort to avoid feeling negative emotions that one might create with one's thoughts.

FAILURE: The omission of expected or required action.

FEELING: A one word description of a vibration in the body that is created by a thought and fuels all action or inaction. In the CTFAR Model, "feeling" is abbreviated with the letter "F."

EMOTIONAL ADULTHOOD: In the space of emotional adulthood, we take full responsibility for how we're feeling no matter what someone else does or says. We take control of our thinking and don't blame other people.

EMOTIONAL CHILDHOOD: When we're in emotional childhood, we don't take responsibility for the way we feel. We blame everything else for how we feel and our results.

EMOTIONAL MANIPULATION: Any attempt to control how someone feels by manipulating what they think & Believe. Ultimately, these attempts to control how you think & feel are intended to control how you act because your thoughts create your feelings and therefore your actions.

FEAR: An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

FORGIVENESS: A verb meaning to stop feeling angry or resentful toward someone for an offense, a flaw, or a mistake.

GREAT QUESTIONS: One of the most powerful tools we can use to manage our minds. The brain is completely open to answering questions. Questions reveal our belief systems, enabling us to evaluate them. When asked, great questions result in useful answers.

HOLDING THE SPACE: A skill you can use to witness and evaluate your life as the Watcher, with awareness of the thoughts and feelings you're having, from a nonjudgmental, very compassionate, and observational place.

HUNGER SCALE: The scale goes from -10 (starving) to 0 (not hungry) to +10 (stuffed to capacity). The beginning of hunger is -1 on the scale. Once you tune in to the hunger scale, you

can start identifying where you are in the sensation of hunger. The sensation of hunger is something you can identify within your body. You can identify hunger and quantify it by putting it on a scale. Tune into your body and be really clear about where you are on the hunger scale.

INDULGENT EMOTIONS: An emotion that is comfortable to you. It's something that you dive into more than you would like to, and it doesn't give you the result you want. You know when you're indulging in an emotion because there's no traction, growth, or movement.

INTERMITTENT FASTING: An umbrella term for various ways of eating that cycle between a period of fasting and nonfasting during a defined window of time. It teaches one's body to be fat adapted, increases insulin sensitivity, and allows one to create mental discipline for urges and to experience and reset hunger cues.

MASSIVE ACTION: Action you will take and continue taking until you hit your goal. Massive action includes the process of anticipating obstacles and being willing to fail and try again, fail and take more action, and do it wrong yet try again, on and on until you reach your goal. You cannot stop for any reason until then.

MANUAL, THE: A belief or beliefs about how somebody else should behave so we feel better.

MENTAL REHEARSAL: Practicing being and having something in your mind before you get it.

MIND DRAMA: The overreactive, exaggerated details that our minds come up with daily.

OUTCOMES: Your outcomes are your end results. Write down your goal and understand your "why". Then write down all the obstacles to reaching that goal and convert each obstacle into a strategy. Anything between you and achieving the outcome you want is really just a rung on the ladder to achieve it.

OVERDESIRE: A term generalizing an excessive desire for food caused by psychological and neurobiological factors, hormonal imbalances, and cultural and industry messaging, which, if answered, can result in consumption greater than that required by the human body for fuel. It is caused by an excess of dopamine, being conditioned to overeat, and using food as an escape from emotion. When this is eliminated, overeating is eliminated. Overdesire can be present for other substances and behaviors that are used to buffer.

OVERHUNGER: A term generalizing an overabundance of physical sensations signaling hunger, caused by psychological and neurobiological factors, hormonal imbalances, and cultural and industry messaging, which, if answered, can result in consumption greater than what is required by the human body for fuel.

PROACTIVATION: A word Brooke created to express the opposite of procrastination. To procrastinate is to delay or to postpone something. Proactivation refers to causing something to happen versus reacting to something.

PROCESSING FEELINGS: When we truly feel our feelings all the way through and take responsibility for them and the thoughts that create them, we can rid ourselves of much unnecessary suffering.

PROTOCOL: A food plan one creates with the end goal of increasing insulin sensitivity.

RESULT: What we see in the world (our lives) as an effect of our actions. The result will always be evidence of the original thought. In the CTFAR Model, “result” is abbr. with the letter “R.”

SACRED MOMENT: The pause you take to notice your thoughts before you react. It is the brief moment when you are making a choice.

SELF COACHING MODEL, THE: A model for how everything in our life works. It breaks everything down into five categories: circumstances, thoughts, feelings, actions, and results.

Circumstances can trigger thoughts. Thoughts create feelings. Feelings drive action or inaction, and our actions lead to the results we have in our lives.

SELF PITY: Excessive, self absorbed unhappiness over one’s troubles.

THOUGHTS: Things that happen in your mind. This is where you self coach. In the CTFAR Model, “thought” is abbreviated with the letter “T.”

THOUGHT DOWNLOAD: Writing down on paper all the thoughts spinning in your head, without censorship or judgment. This allows you to see thoughts for what they are and gives you the perspective to realize they’re optional. Choose one thought from your download to focus on and run it through the Self Coaching Model. A structured thought download answers a question at the top of the page.

THOUGHT SWAPPING: The act of feeling an uncomfortable feeling and immediately changing your thinking in an attempt to quickly feel better, without actually feeling the initial feeling.

UNCONDITIONAL LOVE: This means that you love someone no matter what they do, for the sake of feeling and experiencing love. The more you love yourself, the better you get at loving everybody else.

VICTIM MENTALITY: A belief pattern in which a person tends to recognize themselves as a victim of the actions of others.

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in between
COACH