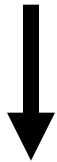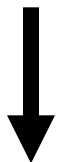Turning
Yourself
Inside Out
Coaching

C: Circumstance
Events outside of your control

↓

T: Thought
The meaning you assign to the circumstance

↓

F: Feeling
Feeling is ALWAYS generated by your thoughts

↓

A: Action
The action you take based on your thought and the feelings it generated

↓

R: Results
The results generated by the action you take