UNINTENTIONAL MODEL
Examples

Circumstance: Kid says, "We never do anything fun"
Thought: Nothing is ever good enough for them!
Feeling: Anger
Action: Snap at the kids, complain to husband, avoid your kids, buffer (food, wine, scroll, shop, read), worry that you're raising entitled kids, feel far from the Lord, not praying/planning
Result: The kids are never good enough for you.
You are not acting good enough for yourself.

C: You say, "You're so ungrateful!"
T: I'm a horrible mother
F: Shame
A: Hide from the kids (physically or emotionally), avoid social events with friends, buffer (food, wine, scroll, shop, read), not praying/planning
R: You're not the kind of mother you want to be

C: Kids on screens for 3 hours
Thought: I'm totally ruining the kids
F: Shame
A: Hide from the kids (physically/emotionally), shame the kids, buffer (food, wine, scroll, shop, read), not praying/planning
R: You ruin the kids and yourself

C: See 3 loads of laundry on the couch
T: I'll never catch up
F: Depressed
A: Buffer (food, wine, scroll, shop, read), cry, stay in bed, don't shower, don't ask for help, not praying/planning
R: You don't catch up.

INTENTIONAL MODEL *Examples*

Circumstance: Kid says, "We never do anything fun"
Thought: It's normal for humans/kids to want good things.
Feeling: Relieved
Action: Ask probing questions, problem solve creating a boredom jar, relive what you just did, connection
Result: You normalize wanting good things

C: You say, "You're so ungrateful!"
T: This is a thing I need/want to do.
F: Willingness
A: Pause/breathe, apologize, pray, forgive yourself,
R: You feel better afterwards!

C: Kids on screens for 5 hours
T: We can make a plan to do better tomorrow.
F: Motivated
A: Pray, make a plan for less screen time, implement the plan from peace
R: You do better tomorrow.

C: See 3 loads of laundry on the couch
T: I'm choosing things that are more important right now.
F: Confident
A: Fold the laundry or leave it but feel good about the choice
R: Do the things that are important to you