

## The STEAR Cycle

### S = Situation

The situation is an event outside of you and outside of your sphere of control. Situations include the weather, accidents, other people, other people's behavior, the economy, etc.

### T = Thought

Thoughts are a sentence that runs through the brain. Your brain produces up to 70,000 thoughts per day. You cannot stop your brain from creating thoughts, but you can decide whether you want to believe them or not.

### E = Emotion

Emotions are vibrations in the body that originate from our thoughts. Our brain thinks a thought and if we attach meaning to the thought, our body responds with a vibration that we can feel. These vibrations can be subtle or intense; positive or negative.

### A = Approach

Our approach is the action or series of actions we choose to take or not take. We either stall in inaction, indulge in reaction, or create intentional reaction.

### R = Result

Results are what occur in response to our approach. Results are always happening. If you don't like the result you get, you must change your approach. You cannot control results, but you can adjust your approach until you achieve the result you desire.