WORKSHEET 3

STEAR

Thoughts: The Formula for Results

“Be transformed by the renewing of your mind.” — Romans 12:2

STEAR shows how our thinking sits between what happens and what we create. The discipline is separating facts from stories.

The only barrier to truth is assuming you already have it.

S — Situation

What happened, facts only? (What a camera would have recorded, no interpretation.)

T — Thought

What am I telling myself about it? Which part is fact, and which part is a story or an assumed intention?

E — Emotion

What do I feel when I think that thought?

A — Action

What do I do, or avoid doing, from that emotion?

R — Result

What does this pattern create, and what leadership identity does it reinforce?

The Designed Shift

If I were leading from my chosen identity, the new thought would be... creating the emotion... leading to the action... and the likely result: