

The Model in Motion

A worked example · From the unintentional model to the intentional one

Here is the truth about the R.O.O.T.E.D. Model: it is already running in your life. Every hard moment already moves through these six elements — you just are not choosing them. We call that the **unintentional model**: the version that runs on autopilot, written by the saboteur. The work of coaching is to walk the same six letters *on purpose*. Same Reality. Different woman. Let me show you with one ordinary moment.

The Situation

It is 9:40 on a Tuesday morning. Your daughter pushes her math book across the table and says “I’m not doing this” — for the third time since breakfast.

The Unintentional R.O.O.T.E.D. — the model on autopilot

No one chooses this version. It chooses you — until you can see it.

R	Reality	My daughter pushed her math book away and refused the lesson. Third time this morning. (The facts — nothing else.)
O	Origin	<i>“I am failing at this. A good homeschool mom would have a cooperative child. If I don’t fix this right now, we are falling behind and it’s my fault.”</i>
O	Overflow	Frustration on the surface — shame underneath. Tight chest. Hot face. Clenched jaw.
T	Turning	The turn still happens — but it turns toward the saboteur. The Controller takes the wheel: “Clamp down. Make this go right.”
E	Election	Except it is not an election — it is a reaction. I raise my voice. I threaten the consequence. I push harder. (Or I go cold and walk away.)
D	Dwelling	A tense house. A daughter who now associates math with Mom’s anger. A mother lying awake tonight rehearsing her failure. Multiply this morning by a hundred — that is the dwelling this builds.

Notice: Reality was innocent. One sentence from an eight-year-old. Everything that followed grew from the **Origin** — the belief — not from the math book.

The Bridge Thoughts — how you actually cross

You cannot leap from “I am failing” to “I am an amazing mother.” Your soul will not believe it — and pretending is not the work.

A Bridge Thought is a believable step between the belief that is running you and the truth God says about you. Each plank must hold your weight *today*. You do not need the far side yet — you need the next plank.

1	<i>“I am a mother in a hard moment — and a hard moment is not the whole story.”</i>
2	<i>“My daughter is not giving me a hard time. She is having a hard time.”</i>
3	<i>“God chose me — specifically me — for this child.”</i>
4	<i>“His grace is enough for this morning. Not the whole year. This morning.”</i>

Choose the one you can stand on without your soul objecting. For this example, we will take the second and the fourth and let them carry us into the intentional model.

The Intentional R.O.O.T.E.D. — the same morning, chosen

Same Reality. Same daughter. Same math book. Different woman.

R	Reality	My daughter pushed her math book away and refused the lesson. Third time this morning. (Reality does not change. You do.)
O	Origin	<i>The Bridge Thought, chosen on purpose: “My daughter is having a hard time — and God’s grace is enough for this morning.”</i>
O	Overflow	The frustration is still there — named, not denied. “I feel frustrated, and that is information, not instruction.” But now compassion has room. The jaw unclenches.
T	Turning	One sentence, before anything else: “Lord, what is Your invitation in this moment?” Pause. Maybe the answer is patience. Maybe it is simply: be with her.
E	Election	Small. Specific. Free. I sit beside her instead of across from her. “Let’s do the first three problems together — then we’ll take a break.” Not what manages the outcome. What love actually asks.
D	Dwelling	A daughter learning that hard things can be met with calm. A mother growing in meekness, one Tuesday at a time. A homeschool built on grace instead of performance. That is the fruit — and the dwelling.

“The saints did not stumble into holiness. They made thousands of small elections, one at a time.”

This is the whole practice. Not perfection — direction. The unintentional model will still run some mornings. But the moment you can see it on the page like this, it loses the only power it ever had: invisibility.