

## The FACT of Life

Life is full of its surprises and moments. There are some that catch us off guard, with only subtle differences from other situations where we have succeeded against all odds, yet in this instance we come crashing down. From the outside observer it could almost feel random, yet within us there is something new and uncharted that makes the result no less shocking but perhaps less surprising.

We have roles we develop from the moment we are born. Survival functions include eating, eliminating waste, learning and coping. We might have a role of “playful eater” which our parents sometimes found funny, and at other times got angry with us, perhaps because that moment seemed less cute, especially as they were in a rush to go out. The “Inquisitive Learner” is something toddlers are well known for, getting into everything.

As we develop and experience life, we develop roles for each context of life that we encounter, the collection

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### Abstract

*In every situation we play a role based on our comprehension of the situation. A role consists of Feelings, Actions, Context and Thoughts (FACT). Understanding this FACT can assist when moving into an unfamiliar situation.*

### Keywords

Coaching approach, emotional states, learning, mental states, personal change, personal growth

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*A supported learning environment*

of roles comprising our personality. As we enter a new context we may be able to borrow capacities from similar roles, but there is a period of vulnerability as you familiarise yourself with new areas of development, particularly when there are areas of functioning required in the role that you have not developed. Each role can be underdeveloped, embryonic, adequate, or overdeveloped in some aspect.

Each role consists of Feelings, Actions and Thoughts, and are used within a Context. FACT is an easy acronym for remembering them. When we lack a fullness of expression across any of the feelings, actions and thoughts, we are underdeveloped. Where they exist but have not achieved adequate expression in the given context, they are embryonic. Those that we over rely on, that are patterned behaviour, and that therefore get in

the way of us fully, spontaneously and creatively living life are overdeveloped.

Whether moving into a new position at work, starting a new relationship with someone, embarking on a new adventure, or seeking to learn a new skill, we have many unknowns and among those there are roles we will need that we don't fully embody. That is a great time to consider your preparedness and the possibility of some form of coaching support that can provide you assist you bring to the fore and strengthen those roles that you need to succeed. In a new situation you don't know what you don't know, and to have someone that can assist you gain the FACT of life can be a fantastic way to walk with confidence into new environments, responsibilities and relationships.

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