



ROOTS OF BEHAVIOR

Does this seem about right?!?!...

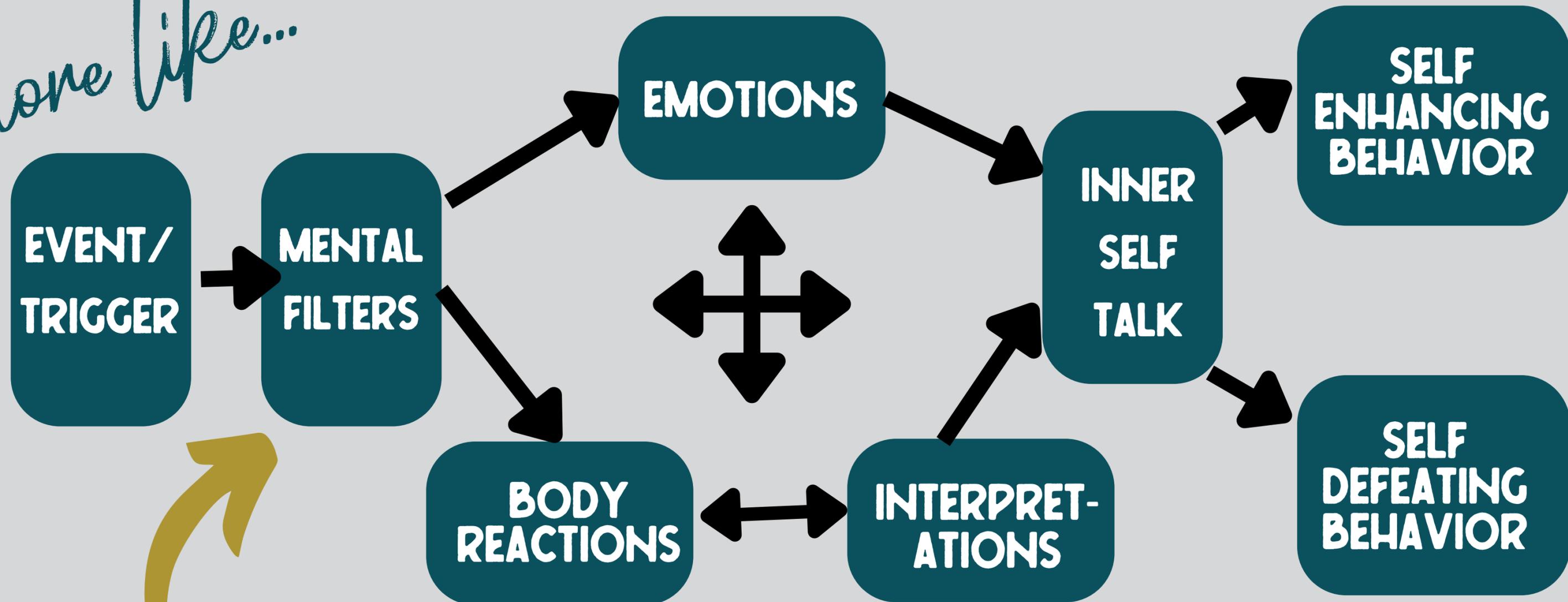


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Is actually more like...

ROOTS OF BEHAVIOR



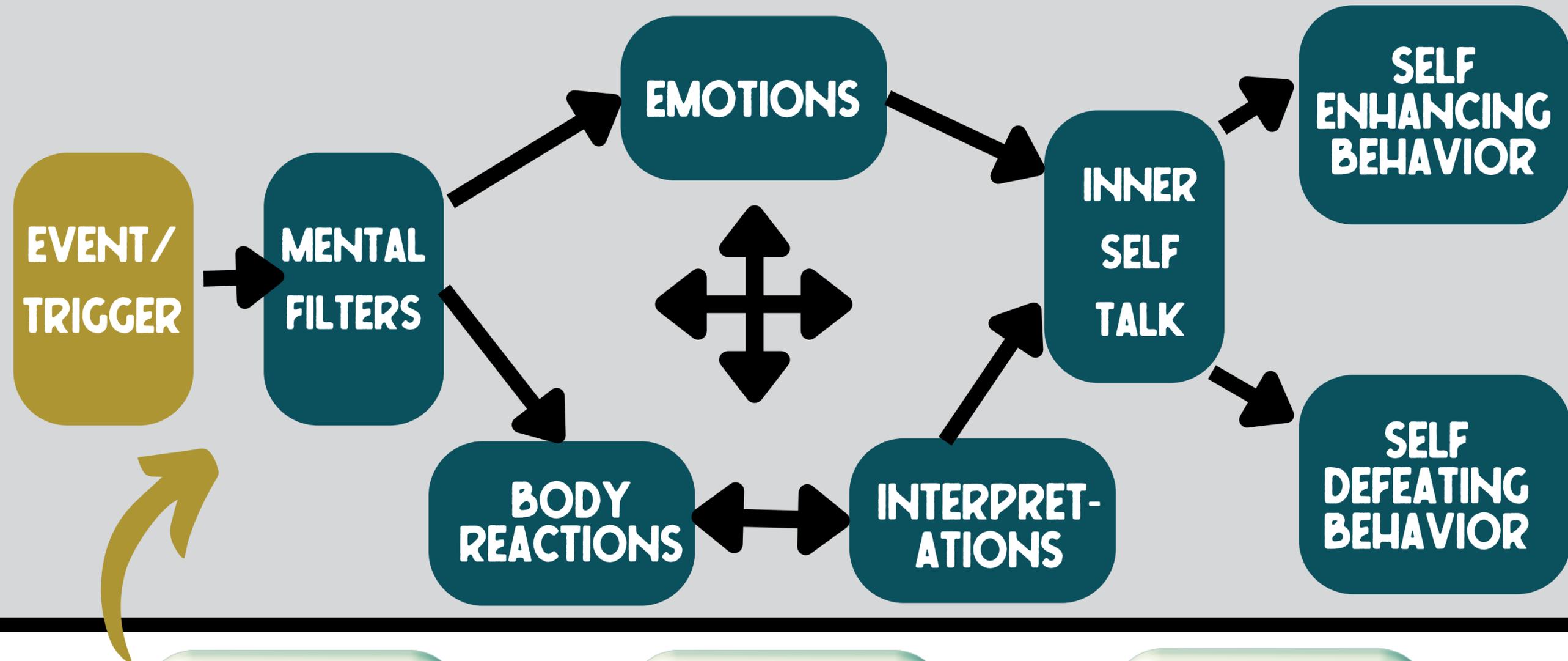
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EVENT / TRIGGER

Any stimuli that initiates a thought or behavior



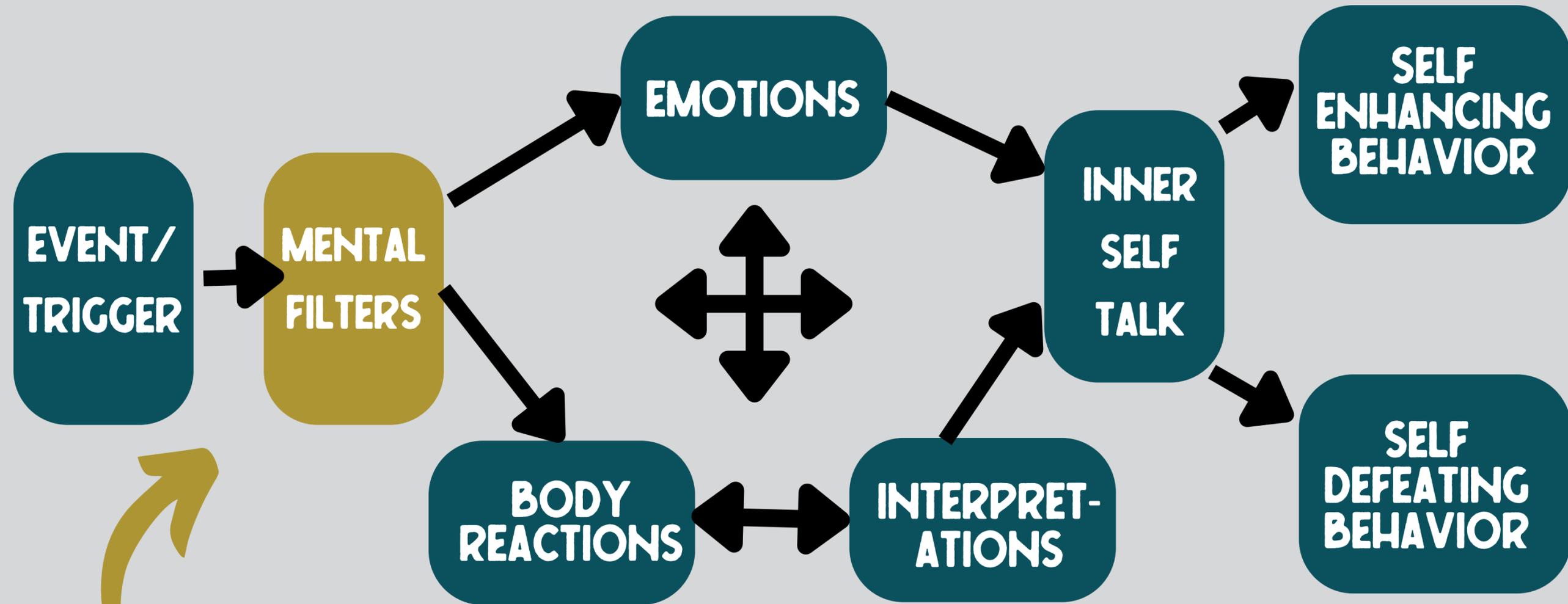
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MENTAL FILTERS

The "lenses" we interpret our realities through - added and edited by life experiences



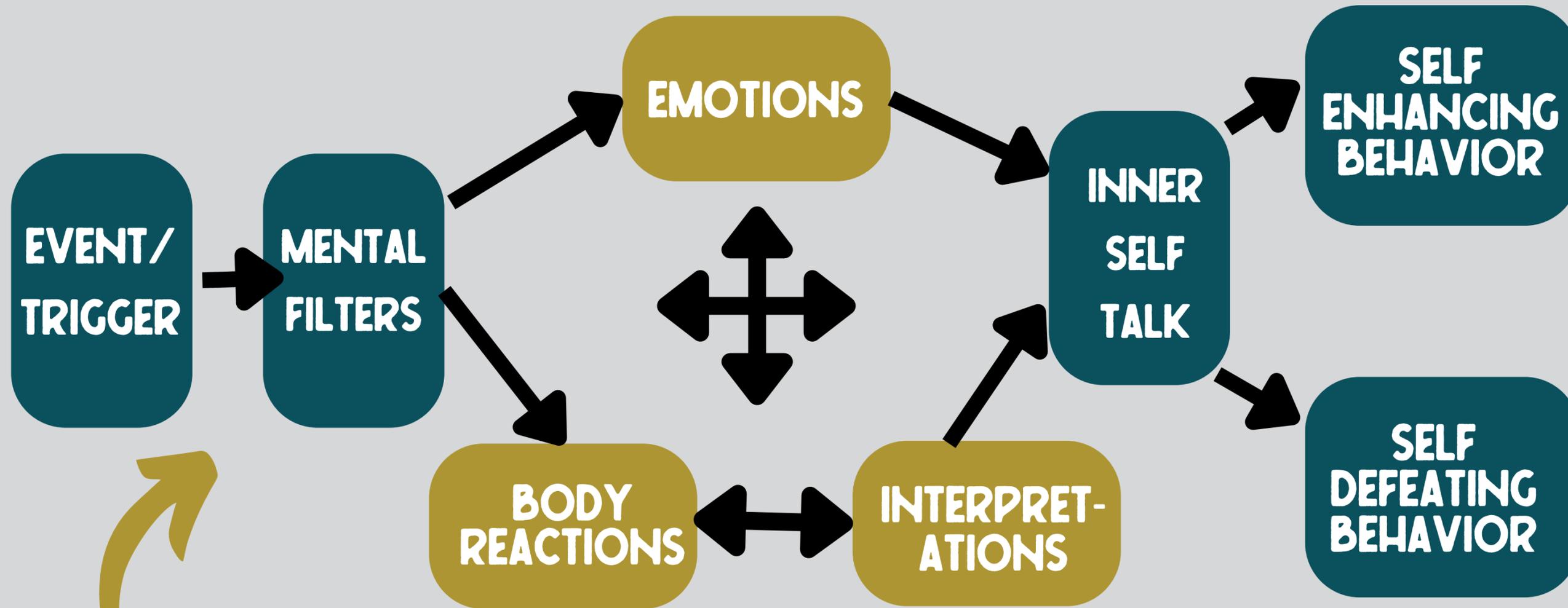
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EMOTIONS, BODY REACTIONS, INTERPRETATIONS

The complex web of emotions, sensations in our bodies, and how we attempt to make sense of it



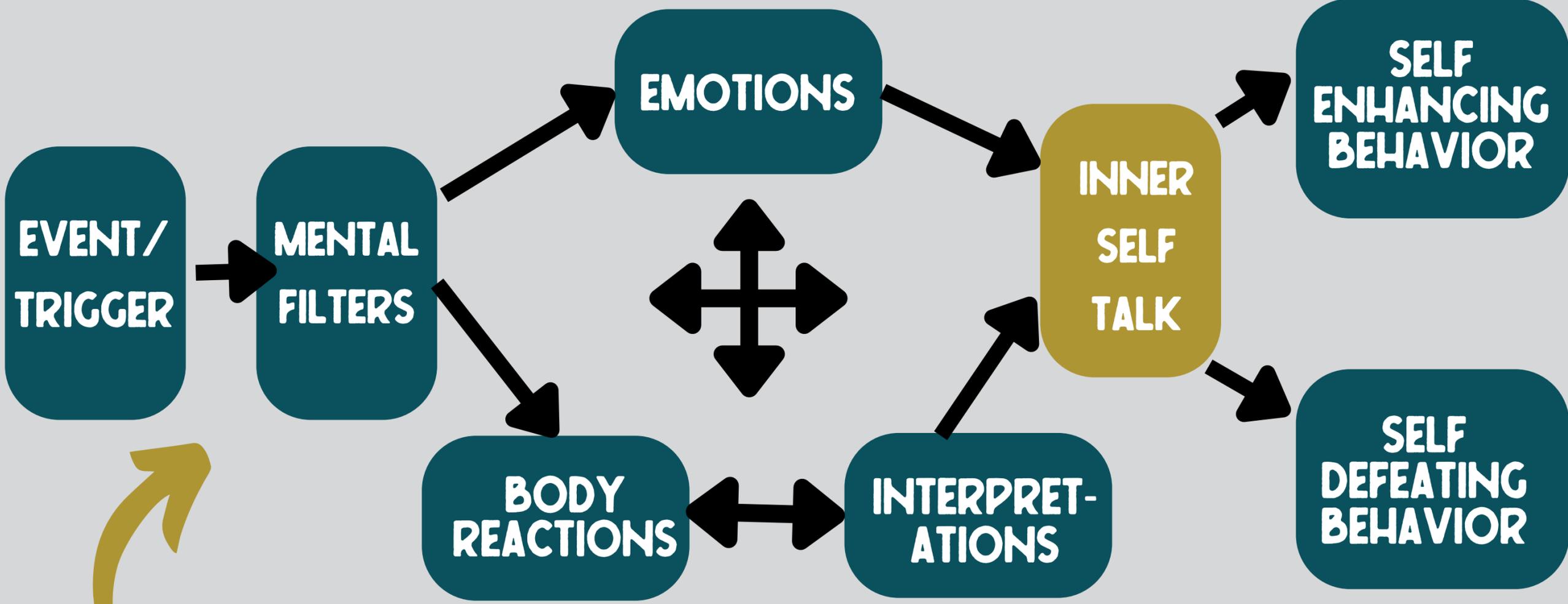
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INNER SELF TALK

Those little "chatter" in our head - from positive affirmations to cognitive distortions



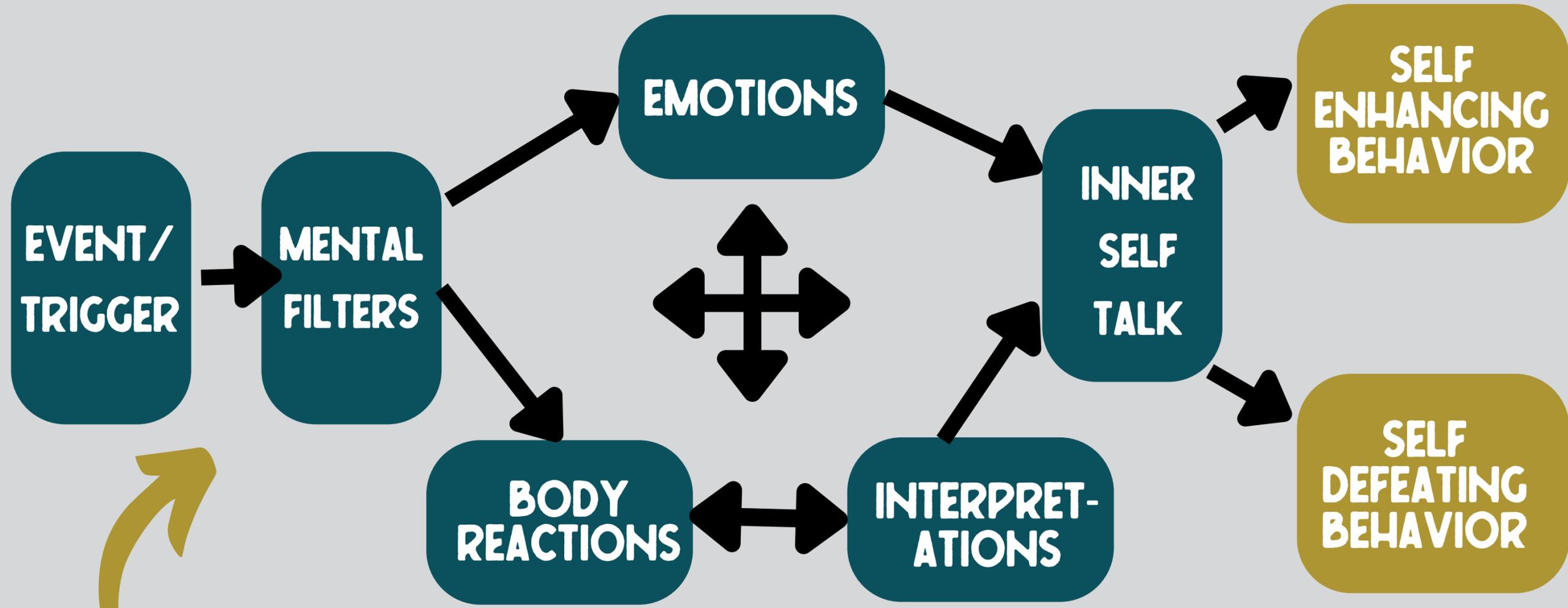
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BEHAVIORS

What we do with the contributions of each element - sometimes self enhancing, sometimes self defeating



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