

Why Do We Do The Things We Do? ©

Stimulus (Cause)

Internal Stimulus
(Thoughts/Physical Sensations)

External Stimulus
(Events or Actions)

What happened?


Negative Events or Actions Resulting in

Type A Trauma
Lack of Good Things

Type B Trauma
Bad Things Happen

Events are Recorded Through our Senses

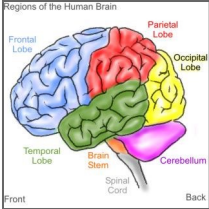
Eyes—See
Ears—Hear
Nose—Smell
Tongue—Taste
Skin—Touch




Our Beliefs and Emotions form the Grid we use to Interpret Stimulus

Beliefs

Learned Behavior from Past Experiences
(Stored in Memory)



- 1) Truth-Based Thinking**
- 2) Lie-Based Thinking**
(Poor interpretation of Past Events)



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Emotions

Negative Emotions

Anger
Fear
Shame
Confusion
Helpless
Hopeless
Powerless
Loneliness
Bitterness
Anxiety

Often cause emotional pain that is masked by poor life choices


Positive Emotions

Love
Joy
Peace
Happiness
Security
Openness
Honesty
Self Control



Choice (Will) Decision Making

What was the tipping point?



Response (Effect)

What action/s did you take or how did you respond?
