



Says

What have we heard them say?
What can we imagine them saying?

It is hard to imagine a more stupid or more dangerous way of making decisions than by putting those decisions in the hands of people who pay no price for being wrong.

According to Oxford, it is 'The faculty or action of forming new ideas, or images, or concepts of external objects not present to the senses.' and 'The ability of the mind to be creative or resourceful.'



Thinks

What are their wants, needs, hopes, and dreams?
What other thoughts might influence their behavior?

Every New Year, many of us make resolutions — or goals — that eventually go unsatisfied: eat healthier; pay better attention in class; volunteer, exercise more

We're often not aware of the impact our feelings and behaviours have on each other, and because of this relationship, changing our behaviours can have a very big effect on our emotions.



Anxiety is defined as feelings of worry or unease regarding a possible event or any circumstance that has an unknown outcome

Emotions can also affect our behavior directly, as in the case of aggression, or behavior that is focused on hurting others. When a person feels frustration, anger, tension or fear, they are more likely to act aggressively towards others.



Does

What behavior have we observed?
What can we imagine them doing?

Understanding how imagination works in the brain, and how it can influence our feelings, can point to a different way forward. With a little help, we can leverage our active imagination to experience good feelings about our day-to-day.



Feels

What are their fears, frustrations, and anxieties?
What other feelings might influence their behavior?