



Says

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

so I've heard" is correct and usable in written English. You can use it to convey that

you have heard information from a source other than yourself.

If you can imagine it, you can achieve it.

you can dream it, you can become it. Everything you can imagine is real. The world of reality has its limits; the world of imagination is boundless.



Fashion haven

Thinks

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



Everyone has hopes and dreams. The NDIS refers to hopes and dreams as 'aspirations'.

Aspirations are **things you would like to happen in future**. Some might be big and long-term and may seem impossible, while others might be smaller and possible sooner.

Our thoughts create our feelings and our feelings drive our behavior. Let's take a simple example.

If I like being outside near water and enjoy swimming, the thought of going to a pool makes me feel happy.

Postures, movements, nonverbal and verbal behavior - all can be observed

Watching people, seeing their behaviors, looking at their performance, is interesting for many reasons.

Cognitive scientists hypothesize that our ability to imagine is **the result of something called a "mental workplace,"** a neural network that coordinates activity across multiple regions of the brain.

It turns out that when we imagine things, **the brain attempts to simulate the responses that would occur if these situations actually happened**

Anxiety is often connected with overstimulation from a stressful environment or threat, combined with the perceived inability to deal with that threat. In contrast, anger is often tied to frustration.

Often when anxiety is left unacknowledged and unexpressed, it can turn into frustration, which can lead to anger.

Behavior is different from emotions but is very strongly influenced by them. One way that behavior is affected by emotions is through motivation, which drives a person's behavior.

Emotions like frustration and boredom can lower motivation and, thus, lower the chance that we will



Does

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

Feels

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

