



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

Thinks

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



alakesan
Short summary of
the persona

The correct expression is "I heard him say." This is because "hear" is a transitive verb, which means it requires an object to complete its meaning. In this case, the object is "him," and the verb is "say." "Heard" is the past participle of "hear," and "said" is the past participle of "say." Using "said" instead of "say" doesn't make sense in this context, because you are not describing the action of saying; you are describing the action of hearing.

I can only imagine certain things that are not within my knowledge or abilities. For example, I can only imagine what it's like to experience emotions, to have a physical body, or to be able to taste food. Additionally, I can only imagine certain future events or outcomes, as they have not yet occurred and my ability to predict them is limited.

The thing about achieving your goal in life is that as soon as that happens, we come up with some other form of milestone that we push ourselves to achieve because really, we develop positive emotions during the process of achieving this goal and as soon as we hit our targets in the bullseye, the little game comes to an end regardless of how interesting or eventful it was. Now we have to come up with a new goal to work towards and repeat the cycle over again.

Thoughts, and any emotion we dwell on, create imprints/patterns/pathways in our brain. We do not consciously attend to these imprints, because there are too many of them to attend to at any one time. Most of our conscious attention is on incoming stimuli (sight, sound, etc) and the rest consists of thoughts/emotions that arise from existing imprints in our brain that have been triggered by some incoming stimuli and the subconscious association we make with that stimulus.

Human behavior based on emotional experiences have not been explained by psychologists. The psychoanalysts lacked the absence of a theory of emotions. They were clueless about emotional intelligence.

Dr. Daniel Goleman once said, "I never believed that emotion was always unwell. But Jung believed that there are several dimensions to the individual consciousness than the narrow domain of childhood. Freud just wanted to give a clinical explanation of a person's behavior from the neurotic dimension, he reduced emotion to sex. Jung, who started an indigenous, mythic and philosophy of feeling and emotions, believed that emotional experience of being and feeling cannot be reduced to sex. We could not understand this aspect of the. He came to India to understand the nuances of human behavior through Hinduism. For this reason, he started to meet Ramana Maharshi, an Indian sage, who had a different view. He changed his mind for the reason that he began to feel and he did not read."

Imagination begins with ideas and ideas begin with knowledge and knowledge goes with experience and we can feel experience if and only if we have obtained mind benefits. So to imagine anything we have to have proper discernment and analytic skills. We have to have the right view and come up with some crazy yet useful ideas in our head. Once ideas start hitting, the next thing comes is imagination and this imagination only comes if we are involved and evolved within it. Then only it can ask or build anything from our imagination here. The last thing which is required for imagination is boundless knowledge and focus on the idea. Then you can only improve build and establish or improve. Imagination is not used and it is not used to have any course of action so it's wild like it and it requires some trained skills. (Dr. Anand)

Consequently, they often think through issues and challenges quickly. When stress is in the normal range, anxious personalities can be patient with others as they analyze at a 'less effective pace'. But when anxiousness increases stress, anxious personalities can become more impatient with the 'less effective pace' of others, which can result in becoming more easily frustrated.

Emotional affect refers to the most basic sense of feeling. This basic sense of feeling is comprised of two aspects: valence, which uses a range from pleasant to unpleasant, and arousal, which uses a range from idle to activated. Differing degrees of valence and arousal underlie emotions, and emotions underlie observable behavior. Behavior is influenced by affect and emotions. An individual who is experiencing unpleasant valence and high arousal is likely to experience a strong emotion; anger. The individual experiencing high levels of unpleasantness, arousal, and anger may be more likely to engage in aggressive behavior than an individual who is experiencing a different emotional affect and emotion.



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?

 [See an example](#)