## Says

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

"Feelings are what

are a natural,

makes us unique and

wonderful part of who

anyone else but YOU."

we are. You are NOT

expected to feel a

certain way or be

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

goal is the cognitive

representation of a

desired state, or, in other

words, our mental idea of

how we'd like things to

2007; Kruglanski, 1996).

turn out (Fishbach &

Emotions can also affect our

behavior directly, as in the

behavior that is focused on

anger, tension or fear, they

aggressively towards others.

case of aggression, or

hurting others. When a

are more likely to act

person feels frustration,

Ferguson

As people, we're hardwired

feelings. Being aware of our

thoughts and feelings are key

o managing mental wellbeing.

experience can make it difficult

to understand how they may be

The amount and range of the

thoughts and feelings we

impacting our daily lives.

with thoughts and



Compare with, ""I heard that he said he was the new teacher." In this case, you heard in the past, but at that time, he had already said it in the past.

I have heard him saying [that Mars is inhabited]." This one focuses on him, with "saying" as a modifier describing him. I would use this if we were talking about him and the kind of person he was, and the kind of things he believed.

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Behavioral observation is a commonplace practice in our daily lives. As social creatures and "informal scientists," we rely upon observations of behavior to understand current social experiences and predict future social events. In fact, direct observation of behavior is one of the most important strategies we use to process our social world.

Did you know that your things that happen in your imagination and things that happen in real life

Understanding how imagination works in the brain, and how it can influence our feelings, can point to a different way can leverage our active imagination to experience

forward. With a little help, we good feelings about our day-

Does

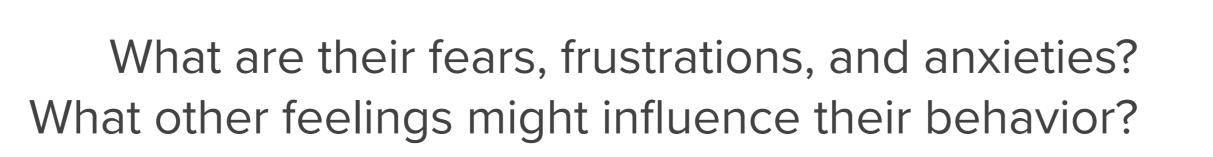
What behavior have we observed? What can we imagine them doing?

brain has a difficult time differentiating between

> These feelings of fear or uneasiness are natural responses and often come as a result of stress. People may feel anxiety about public speaking, financial struggles, job interviews, school assignments, and other common concerns.

When it goes unchecked, anxiety can lead to much more than just feelings of nervousness or fear. If these emotions go on long enough without proper management or treatment, they may eventually turn into more damaging feelings of frustration or anger

**Feels** 





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

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See an example