



Says

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?

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you're trying
your best to
grow as an
individual

Knowing how to
do your job well
can lower
feelings of stress
and anxiety

when you feel
like you're
progressing in
your career

Having a wider
set of skills
allows you to do
your job better

opportunities for
growth are
situations where
you can advance
in your career

Thoughts create
our feelings and
drive our
behavior.

Thoughts and
emotions have a
profound effect on
one another. Thoughts
can trigger emotions
and also serve as an
appraisal of that
emotion.

it may be a
good time to
try something
new

The predominant
functions of behavior are
attention and sensory
needs. These allow us to
understand and
categorize someone's
action as well as
determine why
behaviors occur.

Postures, movements, nonverbal
and verbal behavior all can be
observed. Watching people
seeing their behaviors, looking
at their performance, is
interesting for many reasons.

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

Imagination is a
powerful brain booster
because it makes you
think in the way which is
not standard for people.
Imagination can help you
find solutions that can be
considered by brain.

Fear is an emotional
reaction to a specific,
real danger, while
anxiety is an
excessive and
unfocused fear that
may be triggered by a
variety of stimuli.

Anxiety is often
connected with
overstimulation from a
stressful environment
or threat combined
with the perceived
inability to deal with
that threat.

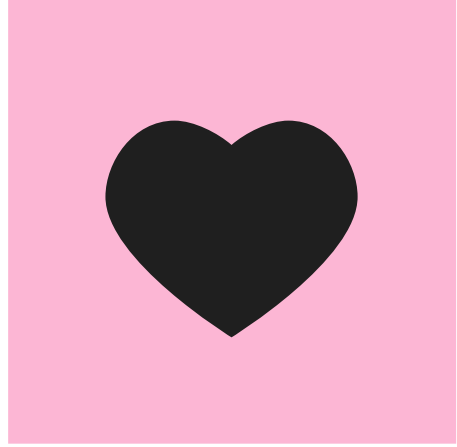
Emotions can also affect our
behavior directly, as the
case of aggression or
behavior that is focused
on hurting others. When a
person feels frustration,
anger, tension or fear they
are more likely to act
aggressively towards others.

Thoughts are shaped
by like experiences,
genetics and education
they are generally
under conscious
control. In other words
if you are aware of your
thoughts and attitudes.



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?