



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?

Some of us have an auditory processing disorder, which means that although we "heard" the person, our processing deficits kept us from immediately understanding what was said. Sometimes it is simply a delay in processing.

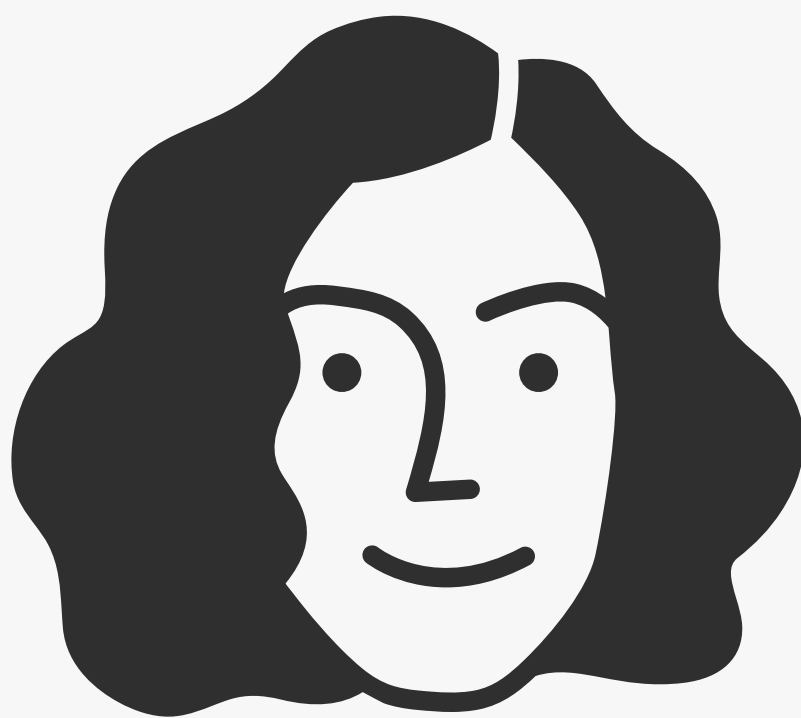
New experiments show that the brain distinguishes between perceived and imagined mental images by checking whether they cross a "reality threshold."

It turns out that when we imagine things, the brain attempts to simulate the responses that would occur if these situations actually happened. This is the same neural process that enables us to be empathic, put ourselves in someone else's shoes, and understand their mental states.

Talk about your aspirations in unique terms, while staying realistic and always keeping the position top-of-mind. It's OK to be ambitious when stating your future goals, but it's also important to be realistic and remain relevant to the conversation you're having.

Individual behavior can change when a person is in the presence of others or is being watched. This principle is determined by certain actions based on social acceptance.

Aristotle provided a clear specification of these kinds of explanation, which he called efficient causes (triggers), formal causes (models), material causes (substrates or mechanisms), and final causes (functions).



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Observational research is typically performed in one's home, workplace, or a specially designed observation lab. The best way to observe one's true behavior is unobtrusively.

Imagination allows us to explore ideas of things that are not in our present environment or do not exist yet. You use it all the time whether you are problem-solving or not. Daydreaming is a clear example of using your imagination

Using all your senses and noticing as many details about the scene that you are picturing as possible can help give you a much more vivid experience

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

Importantly, behaviors are also the things we don't do. For instance, if we feel overwhelming anxiety, we might bow out of a speaking engagement.

Emotions and mood can affect temperament, personality, disposition, and motivation. They can affect a person's physical well-being, judgment, and perception.



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?