



Says

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

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. Other people may unconsciously ask "What?" as a way to garner a little extra time to respond.

Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will.

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

Influences everything we do, think about and create. It leads to elaborate theories, dreams and inventions in any profession from the realms of academia to engineering and the arts. Ultimately, imagination influences everything we do regardless of our profession. Imagination is the key to innovation.



Does

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

 See an example

Thinks

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



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.

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. These thoughts and feelings are going to lead me to plan activities that include swimming.

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.

- physical factors - age, health, illness, pain, influence of a substance or medication.
- personal and emotional factors - personality, beliefs, expectations, emotions, mental health.
- life experiences - family, culture, friends, life events



Feels

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