



## 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?

We say "what" when we clearly heard what the other person said because it is a way for us to confirm that we heard correctly, or to ask for clarification if we did not understand. It is also a way for us to indicate that we are paying attention and engaged in the conversation. Additionally, it can be used as a filler word when we need a moment to process what was said before repending.

My tactics of retraining my big badly bruised bloody brain I stand at the bar, I've got a set of injury related physio exercises that I do EVERY day rain or shine. my #1 hired daily Rebecca has arranged my life schedule in such a way that I have time for all of the excises, thanks Rebecca, Rebecca really has been a great inspiration for me to remain positive and happy during my time at healing!

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

I think the books I've read and friends I've had, mostly shaped my thoughts and influenced my behavior.

My internet activities come from my interests that I could be completely based on what's going on between me and my friends and something I'd liked from the book I've read recently. Friends are the ones who suggest you books, blogs and etc. We usually exchange books, movies and music and everything we seem it's made for us.



BY  
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Short summary of  
the persona

Behavioral observation is one of the most widely used assessment strategies in schools. Since its flexibility and ease of use, behavioral observation procedures can be used to collect a range of data that provide helpful information and are useful for making a variety of psychoeducational decisions. Because of its direct nature, behavioral observation is particularly well suited for everyday life settings and can provide a systematic record of behavior that can be used in preliminary evaluation, intervention planning and design, the documentation of change over time, and as part of a multifethod, multisource evaluation that integrates other forms of assessment (e.g., interviews and rating scales) and sources (e.g., teachers, parents, and children).

Imagining something can be done in many different ways. One way is to use our imagination to create mental images of things that we have seen or experienced before. Another way is to use our imagination to create mental images of things that we have never seen or experienced before. Additionally, we can use our imagination to think about different possibilities and outcomes in a given situation.

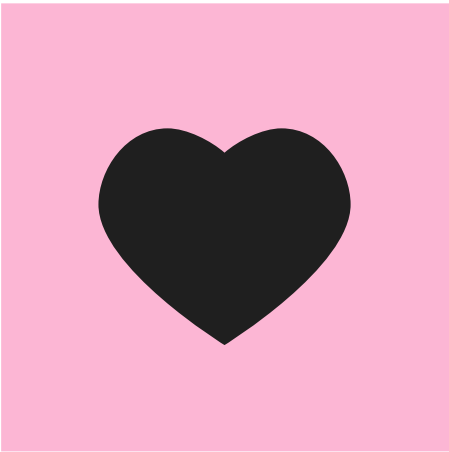
Fear is an automatic emotion that helps our conscious be vigilant about our safety. Anxiety is a reaction to fear (or other emotion). According to NAMI, anxiety can be confusing to our bodies because we can feel uneasy from something in the past and present, which can influence our actions.

Emotion has a substantial influence on the cognitive processes in humans, including perception, attention, learning, memory, reasoning, and problem solving. Emotion has a particularly strong influence on attention, especially modulating the selectivity of attention as well as motivating action and behavior. This attentional and executive control is intimately linked to learning processes, as intrinsically limited attentional capacities are better focused on relevant information. Emotion also facilitates encoding and helps retrieval of information efficiently. However, the effects of emotion on learning and memory are not always univalent, as studies have reported that emotion either enhances or impairs learning and long-term memory (LTM) retention, depending on a range of factors.



## 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