



# WHAT WE DO WHY WE DO

A Simple Guide to  
Understanding Human  
Behavior.

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**Giggle Think**

## **Introduction: Why Understanding Human Behavior Matters**

**Have you ever wondered why you repeat certain habits, overthink small things, or feel emotions you can't quite explain?**

**Psychology has the answers!**

**Understanding human behavior isn't just for experts—it's a practical tool for everyday life:**

- To improve your relationships**
- To better understand yourself and others**
- To build healthier habits**

**When you know why people act the way they do, you can respond with empathy instead of frustration. This leads to better decisions and a life that aligns with your goals.**

**In this easy guide, you'll discover:**

- What drives our actions**
- How thoughts and emotions shape behavior**
- Simple ways to understand and improve your own habits**

**Ready to dive into the “what” and “why” of human behavior? Let's get started!**

# What Shapes Human Behavior

**Every action we take, from hitting snooze in the morning to scrolling social media late at night, has a reason behind it.**

**But why do we act the way we do?**

**Human behavior is influenced by three key forces:**

## **Genetics (Nature)**

**Our genes play a role in shaping our energy, mood, and how we react to situations.**

**For example, some people are naturally more adventurous, while others prefer caution.**

## **Environment (Nurture)**

**Our surroundings family, friends, culture, and society shape our habits and choices daily.**

**A positive environment can help us grow, while a negative one can hold us back.**

## **Personal Experiences**

**What we go through in life successes, failures, challenges shapes our behavior and mindset.**

For instance, facing a setback can make us either fearful of trying again or more determined.

Understanding these three forces helps us see:

- ◆ We are not stuck with our habits.
- ◆ We can improve our actions by adjusting our mindset and environment.

On the next page, we'll explore how habits are formed and why your brain loves them!



## The Power of Habits

Ever noticed how you brush your teeth without thinking or unlock your phone without looking?

That's the power of habits.

### What Are Habits?

Habits are automatic actions your brain performs with little conscious thought.

They save energy and make your daily life easier.

### Why Does the Brain Love Habits?

Your brain creates habits to:

- ✓ Conserve energy
- ✓ Free up mental space for new tasks
- ✓ Create a sense of routine and comfort

### How Are Habits Formed?

Habits form through a loop:

- ◆ Cue: A trigger (feeling bored)
- ◆ Routine: The action (scrolling Instagram)
- ◆ Reward: The feeling it gives (dopamine, satisfaction)

The more this loop repeats, the stronger the habit becomes.

## ☀️ Why Understanding Habits Matters:

- ✅ Helps you identify patterns in your behavior
- ✅ Allows you to replace bad habits with healthier ones
- ✅ Makes change feel easier and less overwhelming

Next, we'll explore how your thoughts and emotions influence your actions, helping you understand yourself better!



## Thoughts, Emotions, and Behavior

Ever felt your mind stuck in a loop?

You decide to study, but then you think,

> “What if I fail anyway?”

You feel anxious.

You end up scrolling Instagram instead.

Sound familiar?

### How Thoughts Shape Emotions

Your thoughts are like a lens you wear every day.

Positive thoughts → calm emotions.

Negative thoughts → stress, fear, or anger.

> For example:

If you think, “I’m capable of learning this,” you feel confident.

If you think, “I can’t do this,” you feel defeated before starting.

### How Emotions Drive Actions

Emotions are like signals telling your body what to do.

✅ Feeling motivated? You start studying.

❌ Feeling bored? You grab your phone.

😞 Feeling anxious? You avoid tasks.

## The Thought-Emotion-Action Loop

**# Thought: “I might fail.”**


**# Emotion: Anxiety.**

**# Action: Procrastination.**


**But here’s the good news:**

**If you change your thoughts, you change your emotions and actions too**

### Reflection:

 **What is one negative thought you often think that stops you from taking action?**

 **How can you reframe it into a positive thought?**

 **On the next page, we’ll explore why we do things even when we know better, diving into motivation and what truly drives us.**





## Motivation – Why We Do Things

What makes you get out of bed, study for exams, or chase your goals?

Sometimes you feel unstoppable. Other times, you can't even start.

Why?

⚡ What is Motivation?

Motivation is the force that drives your actions. It's the reason you do what you do.

But motivation isn't just "feeling pumped." It's a mix of your needs, desires, and environment pushing you to act.

☀ Types of Motivation: *Intrinsic v/s Extrinsic*

✅ Intrinsic Motivation:

Comes from within you.

You do something because it feels satisfying or meaningful.

> Example: You draw because you love it.

✅ Extrinsic Motivation:

Comes from outside rewards or pressures.

> Example: You study to get good grades or praise from others.

## The Dopamine Connection

Ever notice how you feel excited when you get a like on Instagram?

That's dopamine, a chemical in your brain linked to motivation and reward.

Your brain chases activities that give you dopamine hits, making you repeat behaviors even if they're not always helpful.

## Why Understanding Motivation Matters

- ✅ Helps you find what truly drives you.
- ✅ Lets you align your habits with your goals, not just temporary pleasure.
- ✅ Makes it easier to build routines even when you don't "feel like it."

## Reflection:

👉 What activities do you feel excited to do, even without rewards?

👉 What external rewards often push you to act?

✨ Next, we will explore whether we can change our behavior and how you can use small steps to improve your life.



## Can We Change Our Behavior?

Ever felt stuck in the same patterns?

You promise yourself you'll wake up early...

...but end up hitting snooze.

You want to focus on studying...

...but keep reaching for your phone.

Is change even possible?

 The Science of Change: *Neuroplasticity*

Your brain isn't fixed like cement.

It's more like clay that can be reshaped.

This ability to change and form new connections is called *neuroplasticity*.

> Every time you practice a new habit, your brain strengthens that pathway, making it easier over time.

 Small Changes = Big Results

You don't need a huge transformation overnight.

Tiny, consistent steps can change your behavior.

- ✓ Replace "scrolling before bed" with reading one page.
- ✓ Walk for 5 minutes instead of lying down after meals.
- ✓ Write one gratitude point each morning.

## Your Environment Matters

**Your surroundings can make or break your habits.**

**Want to focus?**

**>Keep your phone in another room.**

**Want to eat healthier?**

**>Keep fruits visible.**

**Design your environment to support the habits you want.**

## Change Takes Time

**Be patient with yourself.**

**You didn't form your current habits in one day; you won't replace them in one day either.**

**But every small action you take is a vote for the person you want to become.**

## Reflection:

**✎ What is one small change you can start today to improve your habits?**

**✎ How can you adjust your environment to support this change?**

***Thank you for reading “What We Do,  
Why We Do.”***

***Remember, you have the power to  
understand and shape your behavior for a  
better, intentional life.***

~ GiggleThink

