

# UNDERSTANDING THE BASICS



## \* BEHAVIORS

- A physical action or mental activity that is consciously or unconsciously developed over a period of time and strengthened through repetition.

## \* THOUGHTS

- The mental activity or impulses in your mind; like an inner voice that is narrating your experience.

## \* FEELINGS

- A mental or physical reaction to a thought or emotional experience that can be named, described, and located in your body.

## \* BELIEFS

- A positive or negative program(s), usually subconscious that is based on your experiences, internal perception, or opinion. A story you learned to be true.