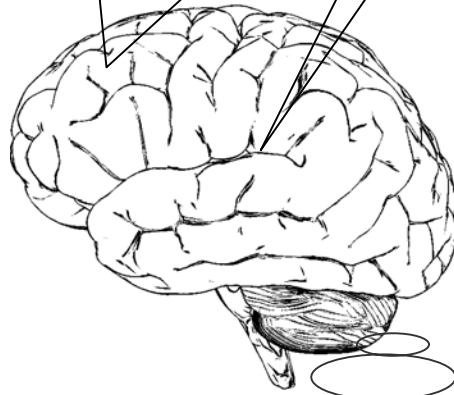


PERCEPTION
See, Hear, Smell, Taste, Touch

COGNITION
Thinking, Daydreaming, Data Processing

Consciousness – “The Mind”
Overall Goal: Carry Out The Belief System
Operates from FOUR Areas of Learned Beliefs:

1. Values: Beliefs about what is *Important* (can be prioritized).
2. Morals: Beliefs about what is *Right* and *Wrong* (not easily prioritized).
3. Expectations: Beliefs about what to expect of *self, other, and the world*:
4. Self Image: Beliefs about who you are or want to be “*I am _____.*”



The Brain – “A Problem Solving Machine “

Overall Goal: Survive and Thrive
Operates on FOUR Instinctual Instructions:

1. Minimize Pain (Emotional/Physical).
2. Maximize Gratification (Emotional/Physical).
3. Establish and Maintain Power and Control of the external environment.
4. Establish and Maintain an Ideal Situation.

BEHAVIOR
What you Say or Do

FEELING
Glad, Mad, Sad, Bad, Fear