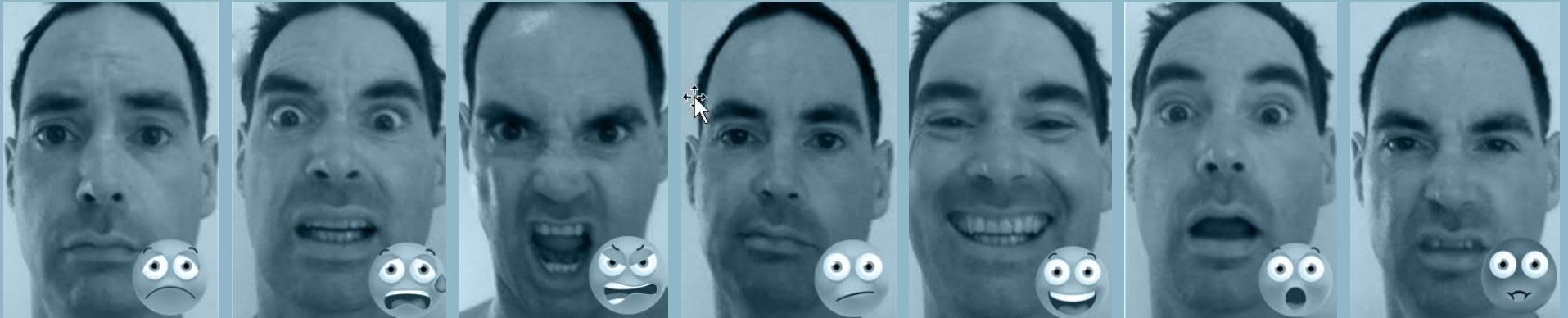
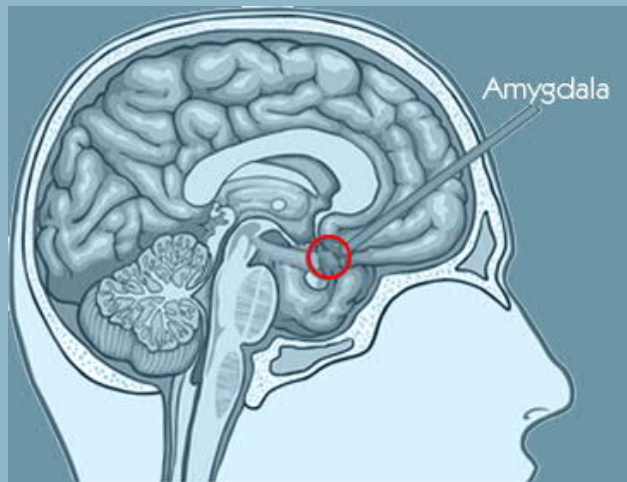


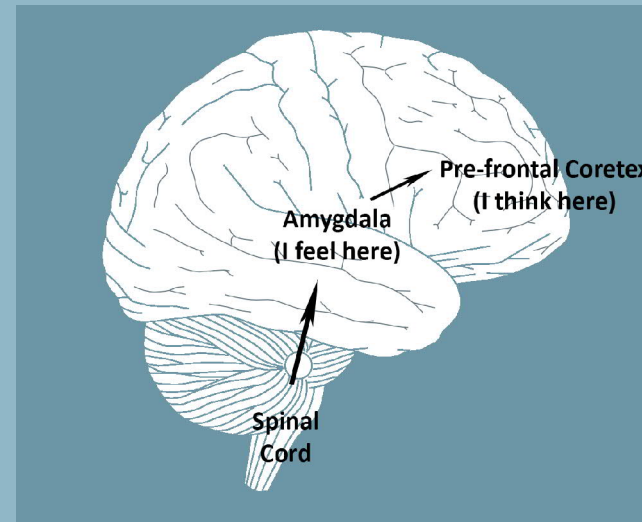
# Emotions & Behaviors



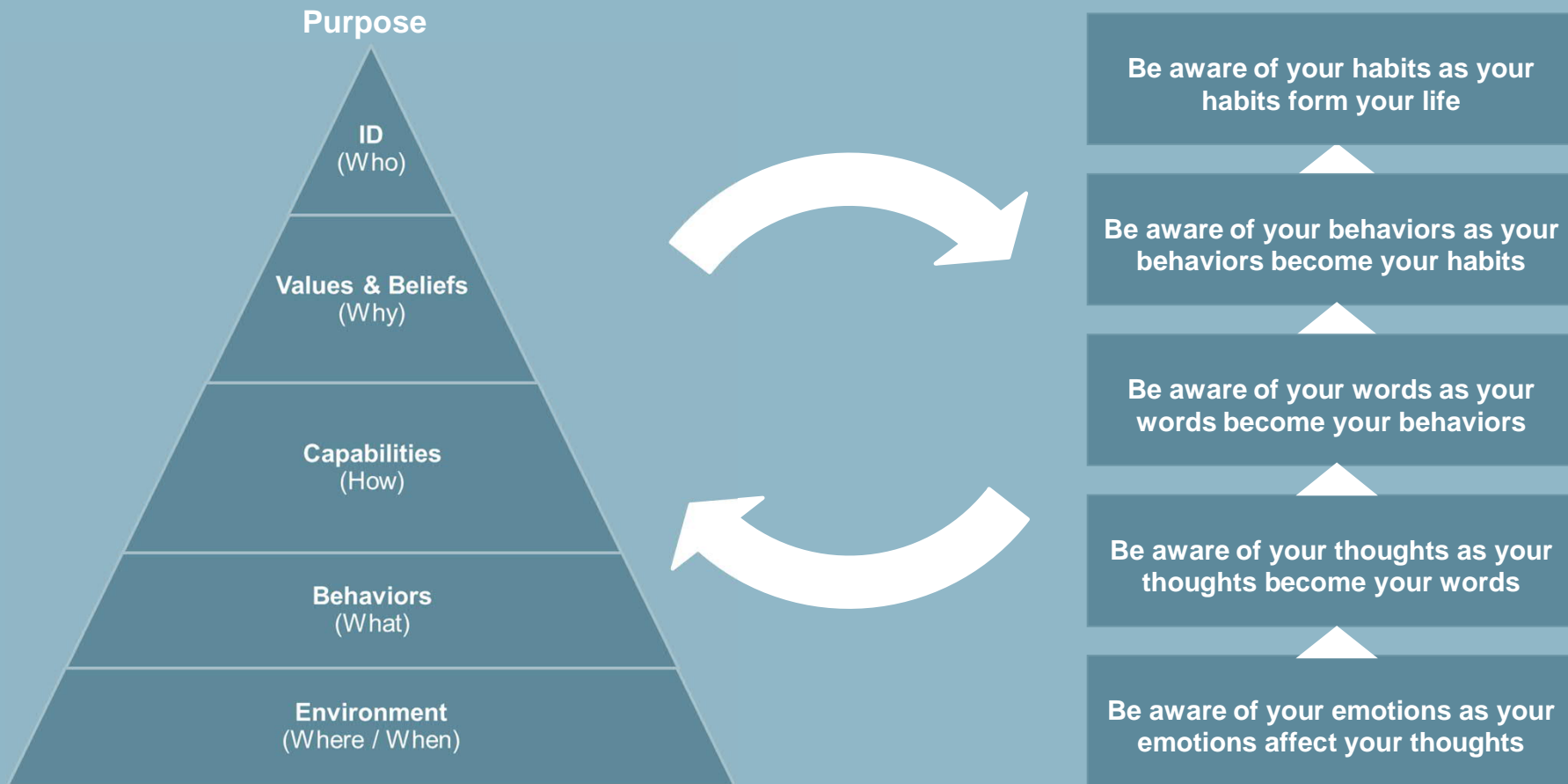
# Emotions & Behaviors



Source: <http://brainmadesimple.com/amygdala.html>



# Emotions & Behaviors



**Example:**  
**Strongest limiting belief: Bad at math**

Question	Answer
When was the first time and situation you created this belief?	Primary school, black board, could not subtract
How did you feel about the situation?	I was very embarrassed
What was your behavior at that time?	I sat down and felt ashamed of making a mistake
Given all your experience today, what kind of different behavior would you recommend to yourself being in that first situation again?	I would ask questions to understand where my logic on subtraction was wrong.

## Emotions & Behaviors

Alternative behavior: get math tuitions	What would <b>happen</b> ...	What would <b>not happen</b> ...
... if you <b>make use</b> of the alternative behavior?	If I <b>did get</b> additional math tuition I may <b>truly understand</b> what math is and how it works.	Math would <b>not stay</b> this mysterious thing.
... if you <b>make not use</b> of the alternative behavior?	Well math would have <b>stayed</b> that thing I just simply <b>“Do not get”</b>	If I <b>did not take</b> the additional math tuition I <b>would not</b> have become so good at maths that I was able to make it into my career.

## Strongest limiting belief: “I believe I can’t ...”

Question	Answer
When was the first time and situation you created this belief?	
How did you feel about the situation? What did you see? What did you hear?	
What was your behavior at that time?	
Given all your experience today, what kind of different behavior would you recommend to your younger self being in that first situation again?	

## Emotions & Behaviors

	What would <b>happen</b> ...	What would <b>not happen</b> ...
... if you <b>make use</b> of the alternative behavior?	?	?
... if you <b>make not use</b> of the alternative behavior?	?	?

How do feel about the alternative behavior now?

How do feel about your limiting belief now?