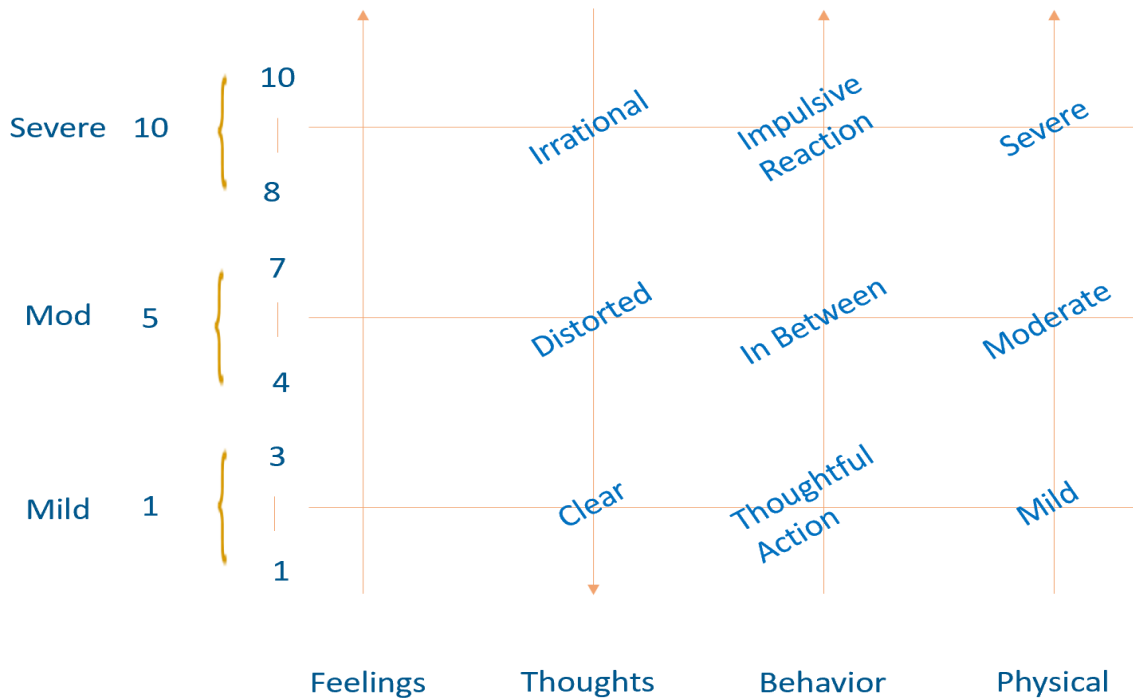


CORRELATIONS OF FEELINGS, THOUGHTS, BEHAVIOR & PHYSICAL SENSATIONS

There is a direct correlation between all areas of our psychological realm. Each area can help us gain insight which enables us to know what's going on with us at any given moment. To gain insight, look anywhere on the grid below. Sometimes we know what we're thinking, but nothing else. If we realize that our thoughts are irrational, we learn that our emotions are at an eight or above, our behavior could be impulsive, and our biofeedback will be strong. Maybe we feel a little bit of tension in our body. We may have distorted thinking at that point as well as some impulsive behavior and an emotion with the intensity between 4 and 7. This information can also help us observe ourselves, and others.



The Progression of Irrational Thinking

