### **Behavior Control**

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### **Control factors**

# -Internal

## -External

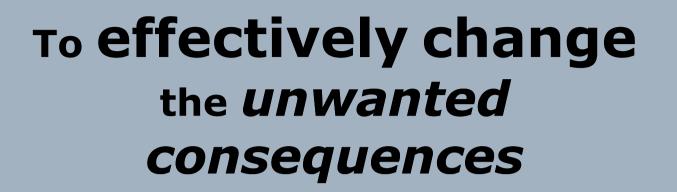
## **Internal Factors**

# Belief Emotions and compulsions Information, skills and abilities



## Belief

- Our beliefs determine our choices and behavior.
  - Brenda Schaeffer in her book "Loving Me, Loving You" writes,
- "...The way people express love has something to do with their beliefs about power—their capacity to produce change".
- "When love is without power, we take care of others at our own emotional expense. When power is without love we abuse, hurt, and injure others".
- The behavior that people exhibit has logical and natural consequences.



change our beliefs

