

# Behavior Control

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# Control factors

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- Internal
  - External
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# Internal Factors

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- Belief
  - Emotions and compulsions
  - Information, skills and abilities
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**Do**

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**beliefs**

**affect**

**behavior?**

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# Belief

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- 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.

To effectively change  
the *unwanted*  
*consequences*



change our  
*beliefs*

