Behavior Control

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Control factors
- Internal
- External
Internal Factors

- Belief
- Emotions and compulsions
- Information, skills and abilities
Do beliefs affect behavior?
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.
To effectively change the *unwanted consequences*

change our *beliefs*
Limiting beliefs limit people's potential

Beliefs and self confidence

How beliefs affect behavior?

Beliefs shape reality

Beliefs and information filtering