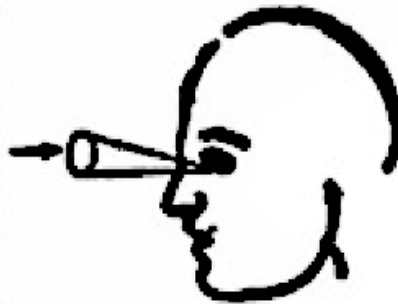


THOUGHTS: You Interpret the events with a series of thoughts that continually flow through your mind. This is called your "internal dialogue."

World: A series of positive, neutral, and negative events.



MOOD: Your feelings are created by your *thoughts* and not the actual *events*. All experiences must be processed through your brain and given a conscious meaning before you experience any emotion response.