APPENDIX

Thought

What I Think

Rules

The limitations that are set in the mind that are acceptable

Character

Consistent thought process through reasoning and rules

Confusion

Rules and reasoning are not compatible with society

Emotion

What I Feel

Moods

The limitations of expression and understanding of what is felt

Personality

Expression of moods externally

Instability

Emotional battles outweigh the rules that are established

Action

What I Do

Behavior

Physical expression that is allowed by the predetermined process

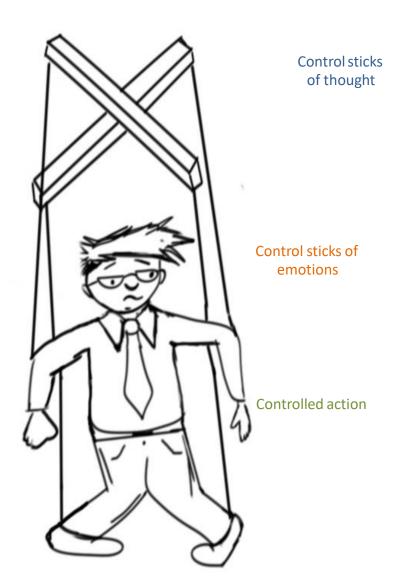
Reputation

Expression of your character, personality and behavior

Frustration

Want a positive life but you have a negative source

What I think, What I feel, and What I do



What I Think

Thoughts: What I think about daily. The most conscious thought process that is dwelt on.

Rules: The internal laws of the mind that set the

boundaries of right and wrong for me.

Character: Who am I determined by the boundaries of

thought that set limits of truth.

Positive Things I like

Negative Things I dislike

What I Feel

Emotion: The spiritual (feeling) process that is the communicator between thought and action.

Moods: The internal feelings that you yield to or wrestle

through.

Personality: Your feelings personified externally.

This is the intangible, yet touchable identity, that is what

we want others to think we are.

What I Do

Actions: The end of the physical manifestation of thought and emotion. What you do.

Behavior: The manner of expression of thought and emotion that is acceptable to yourself. The actions that are justified in daily activity.

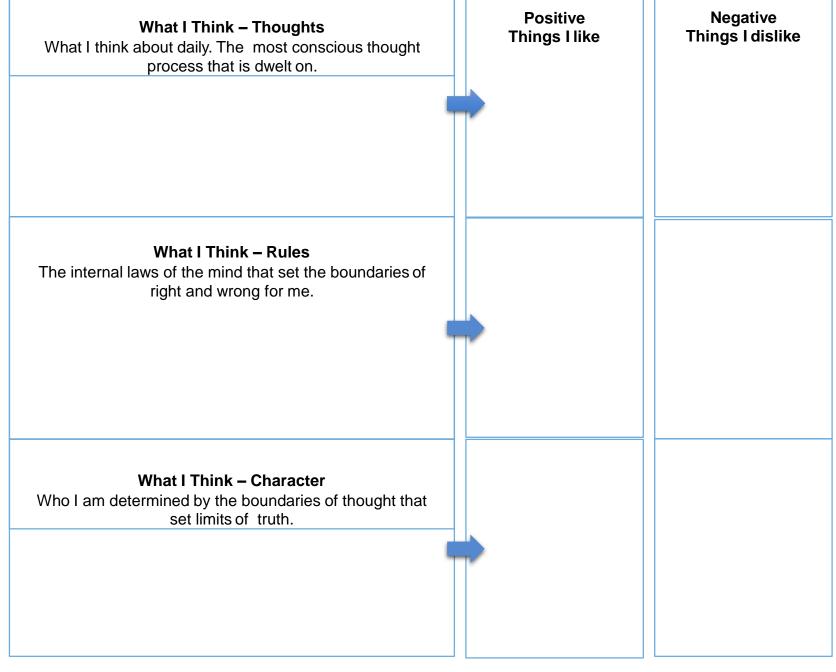
Reputation: Your actions as based on your consistent

behavioral pattern of actions judged by others.

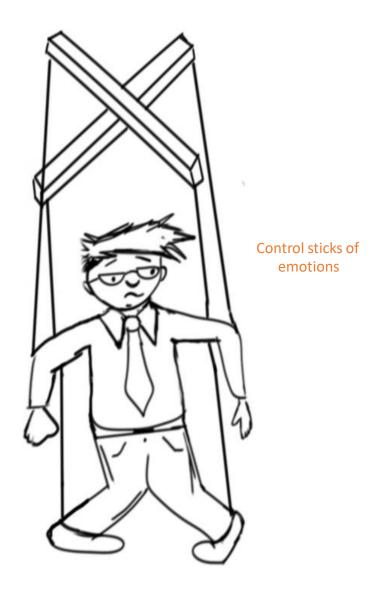
What I think

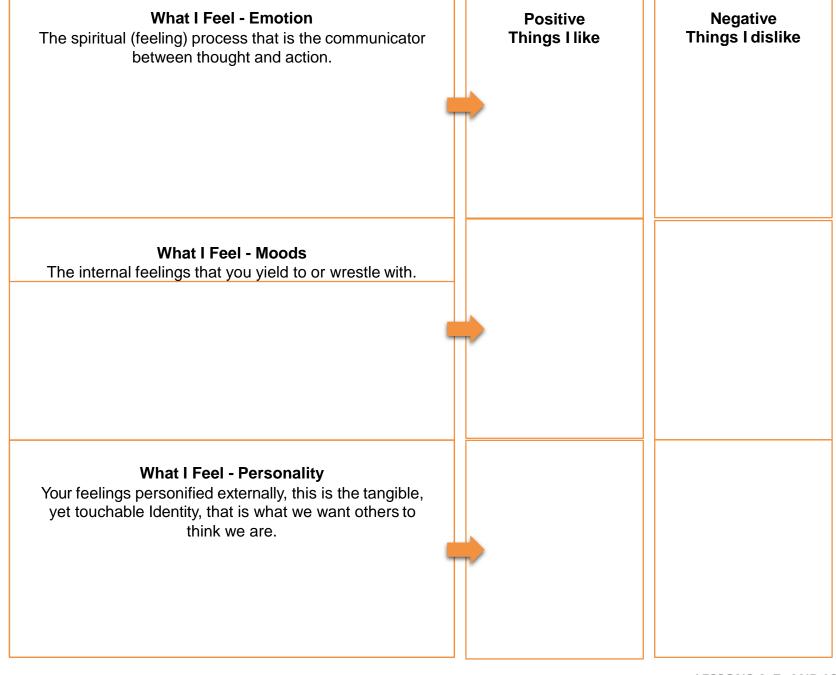


Control sticks of thought



What I feel



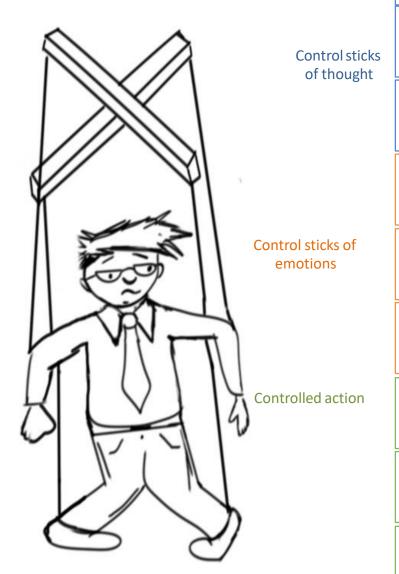


What I do



| What I do - Actions The physical manifestation of thought and emotion that becomes the end result. What you do. | Positive Things I like | Negative Things I dislike |
|---|---------------------------|------------------------------|
| | | |
| What I do - Behavior The manner of expression of thought and emotion that is acceptable to yourself. The actions that are justified in daily activity. | | |
| What I do - Reputation Your actions as based on your consistent behavioral pattern of actions judged by others. | | |
| | | LESSONIS E 9 AND 1 |

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Thoughts: What I think about daily. The most conscious thought process that is dwelt on.

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Actions: The end result of the physical manifestation of thought and emotion. What you do.

Behavior: The manner of expression of thought and emotion that is acceptable to yourself. The actions that are justified in daily activity.

Reputation: Your actions as based on your consistent behavioral pattern of actions judged by others.

Positive Things I like Negative Things I dislike

LESSON 2 – HOW ANGER WORK
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