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THE ATTITUDE SPECTRUM
(Adje-tivate) your Boon noon noon nooss).
(Courage's-Peg)
Desire, Preparation and Opportunity

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We become what we think about. -Earl Nightingale
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In building strong and powerful life changing references we need to really understand the importance of building healthy relationships in our life.

In Think Love and Become what Is a Healthy Relationship?

What exactly do we mean by healthy relationships and are we able to define or redefine what a healthy relationship is? Who in the relationship decides what is healthy and what is not? What are each other's expectations?

Healthy relationships allow both parties to feel that they can escape to support each other all the time without fear of criticism and or rejection. Both parties' feelings are important all the time no matter how small or silly they may seem to the other party and are connected on a deep level or on all levels of the Attitude Spectrum but still feel inter-independent.

Dr. Stephen Covey stated, "Public victory is the achievement that other individuals see and admire". This is why many people make the mistake of jumping to public victory without achieving private victory first. We must first understand how to keep our self on the top of the Attitude Spectrum and then connect with someone else that have learned to do the same.

Communication:

There is no such thing as an instant improvement in a relationship, it will take time. Communication that uses language with empowering vocabulary and

adjectives add to the identity of oneself. For example: A good father, a pleasant friend, and or, supported business partners are achieved through positive reinforcement of good words.

Boundaries:

BOUNDARIES are the two major components of a healthy relationship. Ultimately, the two people in the relationship decide what is healthy for them and what is not. There are two people in a relationship not just one. If something doesn't feel right, you should have the freedom to voice your concerns to the other party.

Communication allows you and your partner to have a deep understanding of each other, and allows you to connect. In a healthy relationship with good communication, both parties:

- Speak openly to one another about thoughts and feelings, and doing so without infringing on each other's personal time and feelings.
- Feel heard when expressing feelings and encourage the other person to say... (It seems that what you are saying...)
- Be clear and ask the other person to please do the 2 Rs while you do the third. (1) rephrase, (2.) repeat and (3) reflect their concerns).
- Listen to each other and compromise.
- Do not criticize each other.
- Feel supported to do the things they like.
- Celebrate not tolerate each other's accomplishments and successes.
- Always treat each other with respect, always!

Boundaries:

Each person should express to their partner what they are and are not comfortable with, when it comes to life, finances, family and friends, personal space and time. In a healthy relationship with boundaries, both parties:

1. Allow each other to spend time with friends and family.

2. Do not abuse technology to check on a partner.
3. Trust each other and not require their partner to "check in".
4. Do not pressure the other to do things that they don't want to do.
5. Do not constantly accuse the other of dishonest or having bad motives.

What Is Consent?

Consent allows both parties to express what they want to experience.

It can be a moment for both parties to openly express to each other what they're looking for. The saying "yes verses meaning yes" can be empowering and useful in thinking about what consent is.

Consent is ongoing.

Both parties should keep giving and looking for consent. Just because you've given consent to a specific behavior before, doesn't mean it becomes a "given" every time.

This idea also relates to new relationships — just because you've given consent to something in a specific matter doesn't make it "automatic" from there on.

Consent is not a free pass.

Saying yes to one act doesn't mean you are giving consent to other acts. Each requires its own consent. EX: Saying yes to oral sex doesn't automatically mean you're saying yes to intercourse.

Your relationship status does not make consent automatic.

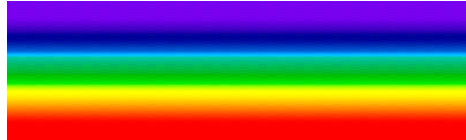
It's not consent if you're afraid to say no.

It's not consent if you're being manipulated, pressured, or threatened to say yes. It's also not consent if you or a partner is unable to legitimately give consent, which includes being asleep, unconscious, under the influence of conscious-altering substances or not able to understand what you're saying yes to. Unclear consent means STOP.

THE ATTITUDE SPECTRUM.

Understanding the science behind fear and behaviors and why you fear what you fear.

What is Boon noon noon nooz)?



Chapter One:

It is all about your Attitude Spectrum.

"Life is about making an impact, while you do what you love!"

- William Cruz

Think of this, if you were blind would that change your life? How?

Blindness is the condition of poor visual perception. Various scales have been developed to describe the extent of vision loss and define blindness. Total blindness is the complete lack of form and visual light perception and is clinically recorded as NLP, an abbreviation for "no light perception."

Blindness is often used to describe severe visual impairment with some remaining vision. Those described as having only light perception have no more sight than the ability to tell light from dark and the general direction of a light source.

The World Health Organization defines low vision as visual acuity of less than 20/60, but equal to or better than 20/200, or visual field loss to less than 20 degrees, in the better eye with best possible correction. Blindness is defined as visual acuity of less than 20/400, or a visual field loss to less than 10 degrees, in the better eye with best possible correction. As of 2012 there were 285 million visually impaired people in the world, of which 2 million people had low vision and 39 million people were blind. The majority of people with poor vision are in the developing world and are over the age of 50 years of age.

So, the question remains if you suddenly became blind would that change your life?

How do you think your life would change if you became blind?

John Said: If I became blind now, I would be so terribly sad. I would feel lost and scared. (John would experience what we call in Think love and become "downloading", UNLESS he tries to escape and or redefine the situation, more on this technology later).

John continuously said, "I wouldn't know what to think; maybe I would go insane feeling I have my eyes always covered. I would miss the beauty of these amazing images all around me. Missing all those moments of beauty has me thinking I should be more thankful for what I have in my life. Be more grateful for having my eyes and ears and heart".

Yet still how would you feel if you suddenly became blind?

The human brain is an extremely advance (experience and information) processing center. It is brilliant at executing certain tasks, weather you have goal orientated mind frame or task orientated mind frame, particularly hands on physical task that can be qualified, and quantify, like playing an instrument or driving a car for example.

However, our brains have some unexpected limitations when it comes to certain types of mental tasks where visualization is needed and or goes contrary to our Boon noon noon nooss).

Take linear problem solving, which involves trying to logically work out a solution to a question, like doing Polynomials or calculating a time zone difference. Doing this kind of task sometimes uses what's called 'working memory': we hold information in our memory and manipulate it or work on it.

We need working memory when we don't have an obvious answer to a problem: it's used for things like making decisions, remembering and other cognitive tasks.

We tend to escape to support, by rewinding previously learn information in order to decipher what quality questions we must ask our self. While still trying to quantify and identify the possible solution.

You see, if you suddenly became blind that would without a doubt change your life, in the same manner if you had the ability to see more than you see now, wouldn't that also have an impact on your life?

You see, seeing more involves specialize knowledge that is able to extrapolate outcomes that although may be simple but not simplistic and although may be predictable but not necessarily controllable.

But for argument's sake, let's hold on to the school of thought that if something is predictable, it is controllable, or at least preventable.

So, if becoming blind would change your life, also being able to see more, understand more, love more, and remember more would also change your life with astonishing results.

We are all limited in our use of time. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all.

There are 168 hrs. in a week, by the time you've reached the age of 50, you've wasted years of watching television. Imagine if that time that you used to watch television was used for developing a specialize skill or knowledge in a field of choice, you would be in effect leveraging your mind so that your *Boon noon noon nooss* (your pegging system of references) are more fully developed and adoptable to changes and have the ability to tag new experiences and information at a rapid pace. In addition, develop new information that reinforce those *Boon noon noon nooss*.

So how can you use your time more efficient in order to produce lasting results?

One way is for us to understand how we view ourself and in affect others. If you are always too busy to start something, then you will probably always be too busy to finish what you have started.

Dr. Stephen Covey gave a great illustration on this. (7 habits of highly effective people)

"Two battleships assigned to the training squadron had been at sea on maneuvers in heavy weather for several days. I was serving on the lead battleship and was on watch on the bridge as night fell. The visibility was poor with patchy fog, so the captain remained on the bridge keeping an eye on all activities.

Shortly after dark, the lookout on the wing of the bridge reported, "Light, bearing on the starboard bow." Is it steady or moving astern?" the captain called out.

Lookout replied, "Steady, captain," which meant we were on a dangerous collision course with that ship.

The captain then called to the signalman, "Signal that ship: We are on a collision course, advise you change course 20 degrees."

Back came a signal, "Advisable for you to change course 20 degrees."

The captain said, "Send, I'm a captain, change course 20 degrees."

"I'm a seaman second class," came the reply. "You had better change course 20 degrees."

By that time, the captain was furious. He spat out, "Send, I'm a battleship. Change course 20 degrees." "Back came the flashing light, "I'm a lighthouse."

We changed course.

The key principle is that how we view our self will decide what we perceive as the right course of action, but more importantly, how we perceive others can influence what kind of decision we make in our journey in becoming a little more accomplished, hopeful and result orientated.

Why is this important? Well let's discuss the following.

What is Boon noon noon noos?

A **Boon noon noon noos**) encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self. All **Boon noon noon noos**) are reinforced by relationships with people and things. **Boon noon noon noos**) are empowered by healthy relationships. Disempowering **Boon noon noon noos**) are reinforced by disempowering relationships. That's why victims stay close to their abusers because that relationship is empowering their destructive **Boon noon noon noos**).

Behavioral Amalgamation

This Behavioral Amalgamation creates a steady sense of who one is overtime, even as new sides are developed and incorporated into one's **Boon noon noon noos**).

Behavioral Amalgamation: (uh·mal·guh·mei·shn) the action of combining **Boon noon noon noos**), process, or result of combining or uniting. combination · union · merger · blend · mixture · mingling · compound · fusion · marriage · weave · synthesis · composite · composition · Behaviors with different **Boon noon noon noos**) that merge and become a **Boon noon noon noos**²), to the second power or much stronger.

- (* **Secret number one**) The more adjectives you add to your **Boon noon noon noos**) the stronger your **Boon noon noon noos**) will become. "Think love and **Become**".
- (Thinking error number one) Not focusing on structured relationships and creating relationships that are based on misconceptions rather than reality.

(November 1, 1989)

I was 19 years old when I first realize what a **Boon noon noon noos**) was, I did not coin a term for it back then.

I only use the words (**I am a victim of abuse**), the abuser was the reinforcement to that **Boon noon noon noos**). Back then, I did understand the mechanism behind it but had not developed a language for it.

After many years I can coin the correct term for it and also elaborate on all its features, including the (**F3-C1-Ref**). I am not a victim of abuse.

I am a survivor and support to others that have fallen in this cycle. What technique did I use? (I Redefined my Boon noon noon noos) or the experience and information that I gained in that relationship) and reinforced it with a new relationship that empowered and found me as a survivor rather than a victim.

- (* Secret number two) The more adjectives you add to your Boon noon noon noos) the stronger your Boon noon noon noos) will become. The best way to add an adjective is by adding a relationship, friends, business partners, family members that reinforce that Boon noon noon noos).
- (Thinking error number two) Focusing on others faults will actually reinforce your own negative Boon noon noon noos) so it is better to forgive and forget.

Some people experience what's called "Under the law" a term in behavioral science which basically means not being able to (transfer pain to someone else) or eliminate an existing problem and because of this, one begins to download to the bottom of the Attitude Spectrum. Under the law, basically means that eliminating the problem is greater than the problem or (transferring the pain) to the one who is causing the pain is a greater pain than the actual pain.

Let's say you want to slap your boss for being a dictator at work, you doing that would cause a bigger problem and would make things worse. So the best way out is to escape and eliminate or terminate that working relationship and or redefine the situation and use it as training for coping with that type of controlling employer.

In addition, downloading to the bottom of the Attitude Spectrum can also be replaced with other adjectives like problems and or difficulties that can be turned to trials and errors that allow us to grow. In any case, the person with a negative environment, (experience and information), will remain under the law until an opportune time comes about to escape.

(Redefining the experience and information is a technique that allows you to change (Under the law). The meaning of being Under the law would be, not being able to transfer pain or stop the process of rapidly going down (download) to the bottom of the Attitude Spectrum.

Doing so will cause you greater downloading to the bottom of the Attitude Spectrum to yourself and others.

Like in the case where you got really bad news that you lost your job, but at the moment telling your spouse, would be worse than you dealing with the situation by yourself.

Or in the case of being sexually assaulted when you were a child and decide to conceal from your spouse because you believe that sharing the trauma is worse than the actual trauma, this would be a sample of Under The law.

Reminder.

Downloading to the bottom of the Attitude Spectrum can be replaced with other adjectives like problems and or difficulties, or can be redefined to trials, errors and or laying the foundation. In any case, an individual will remain under the law until an opportune new adjective is created with the reinforcement of a new empowering relationship.

- (* Secret Number three) Boon noon noon noos) encompasses the memories, experiences, relationships, and values that create one's sense of self or identity.
- (Thinking Error number Three) A need to must have or making demands in a relationship will affect your Boon noon noon noos) at the end of the day. Remember, your Boon noon noon noos) are reinforced by healthy relationships. A demanding individual in a relationship may cause themselves to create a new disempowering Boon noon noon noos) which in turn may discontinue the relationship.

Examples of empowering Boon noon noon noos) adjectives that are a direct result of healthy relationships:

Boon noon noon noos)

Sensible Caretaker: Careful, wise, prudent, my mother tells me.

Active Police officer: Energetic, involved, ready for anything, my community tells me.

Considerate Mother: Keeping others' feelings in your Boon noon noon noos) encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self. For example: A considerate Mother is being reinforced by children that support those Boon noon noon noos).

Convivial Twin: Always in a good mood; the life of the party, that what my twin always tells me.

Diplomatic Employee: Fair-Boon noon noon noos) encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self and able to see both sides of an experience and information. For example: That's what my co-workers tell me.

Gregarious Dad: Loves being around people and making new friends. For example: That's what my son tells me.

Hopeful Survivor: Optimistic, has faith in a good outcome. For example: That's what my therapist tells me.

Precise Mathematician: Detail-oriented and eager to do a good job. For example: That's what my students tell me.

Mature Kid: Always behaves appropriately, never childish. For example: That's what my teacher tells me.

Motivated Student: Puts energy toward a hopeful outcome. For example: That's what my classmates tell me.

At 46 years old I learned how to change my **Boon noon noon nooss**) in an instant. I lived in NYC most of my life and was raised in a difficult family environment within an abusive cycle which I called Under the Law. I needed to make sense of why I was being abused and how I could survive the abuser each day. It was not easy, but somehow, I learned that my abusers **Boon noon noon nooss**) did not have to be mine. I was only 8 years old when I realized that something was terribly wrong.

The man that was supposed to protect me and would feed us breakfast, lunch and dinner in the home was also beating the hell out of us! You can imagine how confusing that must be for an 8-year-old.

Today, at the age of 46, I am not confused about my **Boon noon noon nooss**) which encompasses adjectives that are attached to my memories, experiences, relationships, and values that create my sense of self. Every day I go back to being 8 years old and I stop the abuser at his tracks, or I go into my **Boon noon noon nooss**) and change my identity of an abused child....to an identity of a **courageous survivor**.

I hope that sharing some of my personal struggles can help you relate to my experiences but also allow you to understand in depth what **Boon noon noon nooss**) are. You see, the best way to really learn something is to combine (**RSWEI: Relatable Stories with Empowering Information**).

You will soon realize that some of my personal stories are combined with behavioral science insights in order to help you best learn **The Attitude Spectrum** system and its **Boon noon noon nooss**). My goal is that you get all the benefits from this technology.

Why are some people accomplished while others are always struggling? The answer is simple. It boils down to their references in their **Boon noon noon nooss**) and what relationships are in place to either empower or disempower a person's ability to succeed or fail. The principle is a considerably basic (**Progress with the Right Association and or the right associating Boon noon noon nooss**). One Part of the Boon noon noon noos specifically, is called the Interpreter (**I-Ref**) Reference, which gives meaning to what we experience.

In the **Attitude Spectrum** a (**C- Peg**) is made of references called an Interpreter System. Mental mnemonic that allows you to (**extrapolate meaning**) and attach references which make up all the parts of your **Boon noon noon nooss**). For example: **A cop gives you a ticket**.

The **(C- Peg)** is highly Influenced by Your **(Disposition vs Your Willingness)** and attaches to your Attitude Spectrum. **Boon noon noon noos)** are used to memorize lists of responses to outside stimulus, such as in the case of fight or flight responses or stay and die responses. These are several ways of coping with a particular experience and information or exiting from an experience and information which we will call escaping.

(Disposition vs Your Willingness) A disposition is a quality of character, a habit, a preparation, a state of readiness, or a tendency to act in a specified way that may be learned.

The terms dispositional belief and occurrent belief refer to: in the former case, to a belief that is held in the **Boon noon noon noos)** that encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self, versus your willingness to the quality or state of being prepared to do something with readiness. Which in turn introduces the concept of

(Desire + Preparation = Opportunity). Later, **D+P=O.**

Let me Elaborate on D+P=O

A response from a person (logo responder), no matter how drastic it may seem, will always be justified if it can be validated by the same person (responder). In other words, validation is the key to the level of responses, if there is meaningful or purpose behind the response. The level of the response is justified in the **Boon noon noon noos)** and remember, your **Boon noon noon noos)** encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self.

For example: "Juanita was afraid of leaving her home....

Cop in the corner...."

So, we respond according to who we are, or our identity or our Boon noon noon noos) of who we are.

Fact:

Logotherapy was developed by neurologist and psychiatrist Viktor Frankl, on a concept based on the premise that the primary goal of an individual is to find a meaning in life. It is considered the "Third Viennese School of Psychotherapy" along with Freud's psychoanalysis and Adler's individual psychology.

Logotherapy is based on an existential analysis focusing on Kierkegaard's will to meaning as opposed to Adler's Nietzschean doctrine of will to power or Freud's will to pleasure. Rather than power or pleasure, logotherapy is founded upon the belief that striving to find meaning in life is the primary, most powerful motivating and driving force in humans.

A brief introduction to this system is given in Frankl's most famous book, Man's Search for Meaning, in which he outlines how his theories helped him to survive his Holocaust experience and

how that experience further developed and reinforced his theories. Presently, there are a number of logotherapy institutes around the world.

(Logo response mechanism: as long as there is a meaningful purpose the responses and or experiences are well justified and are validated in the Boon noon noon noos) which encompass adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self of the responder).

Re-introducing a Boon noon noon noos) that encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self.

To illustrate this, let's say your Boon noon noon noos) with the Interpreter Reference is a Large Green Baseball Glove, and the information and or an experience were thrown like baseballs to you, let's say 3 different color baseballs were thrown at you: Green, Red and Yellow.

Green can also be used in a figurative way where we find meaning to the color.

(Figuratively, of people) Sickly or unwell.

Unripe, said of certain fruits that change color when they ripen.

(Figuratively, of people) Inexperienced.

(Figuratively, of people) Naive or unaware of obvious facts.

(figuratively, of people) Overcome with envy.

(figuratively) Environmentally friendly.

(cricket) Describing a pitch which, even if there is no visible grass, still has a significant amount of moisture.

(dated) Of bacon or similar smallgoods: unprocessed, raw, unsmoked; not smoked or spiced.

(dated) Not fully roasted; half raw.

Of freshly cut wood or lumber that has not been dried: containing moisture and therefore relatively more flexible or springy.

(wine) High or too high in acidity.

Full of life and vigor; fresh and vigorous; new; recent.

Which color baseball would your green glove catch?

The answer is that although you may catch some yellow and some red, the majority of baseballs that you will catch will be green baseballs or green adjectives.

(* Secret number Five) *Adjectives in Boon noon noon noos determine how we equalize or escape and how we develop habits and how we behave, or what ability to respond we take. For example (should vs Must).*

Why? Because your receptors are Green (**Adjectives**) so the green baseballs will be the ones you catch.

You see your receptors are like jig-saw puzzle, they must be able to Identify the information or experience and then attach it to your **Boon noon noon noos**) so first the information and experience goes through your (**I-Ref**) once the meaning is decoded, then it gets attached or it gets pinned to your **Boon noon noon noos**).

In order to grow and to succeed in this process, we must be participants not just spectators.

Niagrafalls. Illustration.

We sacrifice our ego and fears and move into a place of courage and growth when we participate in this process and not just stay as spectators.

Example of Boon noon noon noos:

Information that is not attached is not kept and you may find yourself saying: "I did not hear you say that last time" when in fact it may had been said. Why? Your **Boon noon noon nooss**) Determine what sticks and what gets filter into the background as noise.

What are (F3-Ref, C1-Ref) These References are specific fears and certainty references, which is made up of a different color as it were, like a Glove and a baseball, but instead of it being Green it is Red. In this case the (Pegging System) is specifically **3 fears and 1 certainty Reference**.

What is Courage? Courage Simply stated, is the **breaking through**, although the presence of these 3 Fears exist, or going from (**Under the law**) to the **top of the Attitude Spectrum**.

Endless Opportunities.

1. **Fear of lost will allow me to create new opportunities!**
2. **Fear of not knowing what to expect will allow me to be strategic in my planning.**
3. **Fear of rejection will allow me to search out real and reliable relationships.**

Certainty.

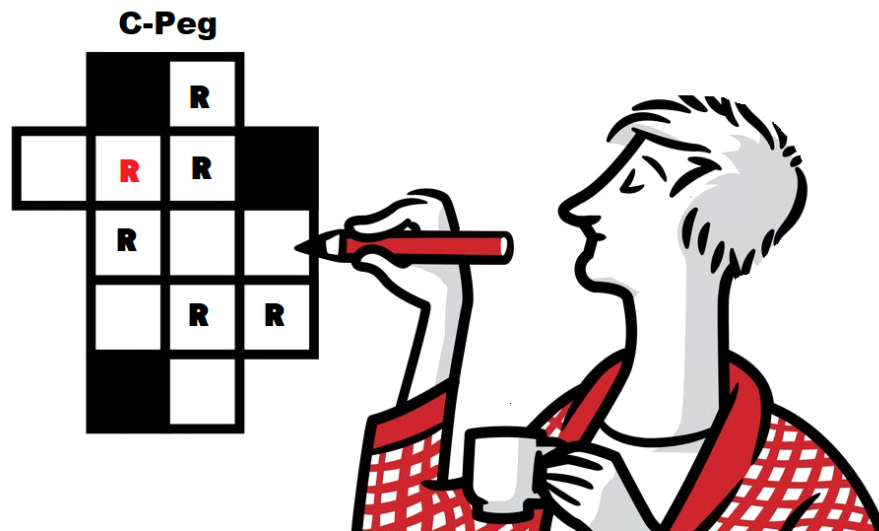
- **Courage + Certainty = Fearlessness!**

(* **Secret number four**) Think love and become relies heavily on how you (**adje-tivate**) adjectives that activate your Boon noon noon nooss).

Mental Adjectives Glue: To cover or smear language with glue, in this case your (F3-Ref, C1-Ref) are always being smeared with information and experiences that later become part of your Boon noon noon noos).

Reference: References make up a Boon noon noon noos) and is a relationship between a mental Boon noon noon noos) in which one peg appoints or acts as a means by which to connect to or link to, another experience and information.

So Strong Boon noon noon noos_ of our identity is directly connected with strong relationships that enforce our Boon noon noon noos) of who we are, Weak relationships equal weak Boon noon noon noos).



Whatever the Boon noon noon noos) encompass, adjectives are attached to your memories, experiences, relationships, and values that create one's sense of self.

"Whatever man can conceive and believe, it can achieve." -Napoleon Hill

Finish what you start.

So far you are doing well in reading up to page 8. Maybe you are wondering or asking yourself some basic questions. Yet although you are wondering what this book is all about you will most probably not finish this first paragraph. Why? Your Boon noon noon noos) are full of Procrastinating adjectives.

(Procrastinating synonyms in your Boon noon noon nooss)

Dawdle, hesitate, adjourn, cool, dally, defer, drag, goldbrick, lag, linger, loiter, pause, poke, Postpone, prolong, protract, stall, suspend, tarry, temporize, be dilatory, drag one's feet, give the run around, hang fire, hold off.

If you do on the other hand, you will soon realize, that for most of your life you have started many things but fail to finish or complete your goals and there is a simple reason for this, It's your Boon noon noon nooss).

(Success synonyms in your Boon noon noon nooss)

completed · concluded · consummated · finalized · terminated · over and done with · over · in the past · at an end · accomplished · executed · discharged · done with · done · fulfilled · [more].

Inc.

Steve Jobs' 3 Most Surprising * Secrets to Success-The Apple founder's advice highlights the biggest paradox you'll face in manifesting your dreams.

By Mark Thompson, Author and executive coach @SuccessMatters

"In the final minutes before Apple's press conference, my thoughts drifted to what Steve Jobs would have thought about his legacy. I envied him in high school as one of the few guys for whom the creative guy seemed to be cast as a teenager".

"His swagger throughout life and his approach to leadership never seemed to change--until the years just before his death. Steve never lost that sparkle in his eye or that ever-present flow of ideas, even in his last moments. But in the final weeks before his passing, he shared three things that shocked me--not so much because he admitted them, but because the first one was something he'd embraced only fairly recently, while the other two were lifelong values".

Steve Jobs' 3 Most Surprising * Secrets.

- ***"Ditch your (Interest) in ego completely at least once each day."***
Dump judging others as well as the self-criticism. Be open to hear what you need to change on the long, winding road to building your dream. This is something that Jobs acknowledged was a challenge for him. (Perhaps it would be for any of us!) It's a bit of a paradox of ambition plus humility. You need a lot of hubris to believe your ideas can be the best in the world, but you also risk losing your

edge and falling behind unless you're an obsessive listener. You have to soak up the brilliance of the people and Persons you've worked so hard to recruit.

"Be unapologetically (Don't allow anyone to change your adjectives in your Boon noon noon nooss) be ambitious about your passion."

This was Steve's (and is most leaders') blessing and curse. Your obsession to live your passion against all odds is one of the greatest of all assets, but arrogance is also your biggest weakness. Steve lamented that he led Apple to an unnecessarily high rate of lost talent, as well as ideas that he'd attracted but ignored--particularly back when his career and Apple hit the skids in the '90s.

3. "Be grateful to others for what they contribute, but don't do it for validation." (Or don't do it to feel you have a purpose base on their approval or not).

Remember, there are plenty of loving critics and critical lovers who will unintentionally (and intentionally!) sabotage your ambitions because they care for you, or they'd like to see you fail. If your venture is meant to impress someone, you're setting yourself up for endless confusion. The advice of a dying man, particularly this guru, is hard to ignore: "Don't give yourself to anything unless you're clear that it really matters."

(Interest) in ego:

1. Interest first blindness - the inclination not to notice facts or evidence which contradict our cherished beliefs or values.

Example: This is my son, He has manners. There is no way he could have pinched Suzie in the butt in the classroom. He's too nice to act like this.

- **Interest first memory** - the tendency to "forget" evidence and information which does not support our thinking and to "remember" evidence and information which does.

Example: YOUR wife is messy. Why? Because you tripped on the shoe that YOU kicked off on the way to the bathroom and bumped your head against the closet door that she left opened.

3. Interest first myopia - an intellectual shortsightedness based upon dogmatic (non-falsifiable, rigid, inflexible) commitments to an overly narrow point of view (ethnocentrism, provincialism).

Example: I am American. I don't need to know or understand other cultures because American culture is the best.

4. Interest first self-righteousness - a delusional sense of superiority over the common masses or average person and the tendency to think that our beliefs are true because we believe them.

Example: I am Amish. I don't need electricity and I prefer a horse buggy. Civilization is evil.

- **Interest first hypocrisy** - the tendency to ignore flagrant inconsistencies between what we profess to believe and the actual beliefs our behavior imply, or inconsistencies between the standards to which we hold ourselves and those to which we expect others to adhere.

Anticipation Good of Fears

Simply said you are a victim of the 3 main fears that hold you back from breaking free.

(* Secret number six) Fill your Boon noon noon nooss) with Good fears.

- **Good fear of lost will help you keep good relationships.**
- **Good fear of not knowing what to expect will allow you to improvise.**
- **Good fear of rejection will allow you to have accountability.**

- **Fear is healthy.**

Fear is hardwired in your brain, and for good reason: Neuroscientists have identified distinct networks that run from the depths of the limbic system all the way to the prefrontal cortex and back. When these networks are electrically or chemically stimulated, they produce fear, even in the absence of a fearful stimulus. Feeling fear is neither abnormal nor a sign of weakness: The capacity to be afraid is part of normal brain function. In fact, a lack of fear may be a sign of serious brain damage.

- **Fear comes in many shades.**

Fear is an inherently unpleasant experience that can range from mild to paralyzing—from anticipating the results of a medical checkup to hearing news of a deadly terrorist attack. Horrifying events can leave a permanent mark on your brain circuitry, which may require professional help. However, chronic stress, the low-intensity variety of fear expressed as free-floating anxiety, constant worry, and daily insecurity, can quietly but seriously harm your physical and mental health over time.

- **Fear is not as automatic as you think.**

Fear is part instinct, part learned, part taught. Some fears are instinctive: Downloading to the bottom of the Attitude Spectrum, for example, causes fear because of its implications for survival. Other fears are learned:

We learn to be afraid of certain people, places, or experiences and information's because due to the fact that we are Under the law, we are not able to eliminate the fear.

Downloading to the bottom of the Attitude Spectrum can also be replace with other adjectives like problems and or difficulties, in any case, the experience and information has to be under the law until there an opportunity to escape or re-define.

A near-drowning incident, for example, may cause fear each time you get close to a body of water.

Other fears are taught: Cultural norms often dictate whether something should be feared or not.

Think, for example, about how certain social groups are feared and persecuted because of a socially created impression that they are dangerous or social threat.

4. You don't need to be in danger to be scared.

Fear is also partly imagined, and so it can arise in the absence of something scary. In fact, because our brains are so efficient, we begin to fear a range of stimuli that are not scary (conditioned fear) or not even present (anticipatory anxiety). We get scared because of what we imagine could happen.

Some neuroscientists claim that humans are the most fearful creatures on the planet because of our ability to learn, think, and create fear in our Boon noon noon noos) which encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self.

But this low-grade, objectless fear can turn into chronic anxiety about nothing specific and become debilitating.

5. The more scared you feel, the scarier things will seem.

Through a process called potentiation, your fear response is amplified if you are already in a state of fear. When you are primed for fear, even harmless events seem scary. If you are watching a documentary about venomous spiders, a tickle on your neck caused by, say, a loose thread in your sweater will startle you and make you jump out of your seat in terror. If you are afraid of flying, even the slightest turbulence will push your blood pressure through the roof of the plane. And the more worried you are about your job security, the more you will sweat it when your boss calls you in for even an uneventful meeting.

Examples in a learning environment.

Escaping and cutting what they believe the problem is.

*Jessica's parents are in the process of getting a divorce, she is so distracted and upset by the experience and information that she sometimes has trouble paying attention in class. **(She is escaping to a window period)**, and her performance on assignments and quizzes has slipped a bit **(Down Loading)**.*

She worries that her teachers might think she simply doesn't care about her schoolwork when nothing could be further from the truth. Luanne is displaying downloading to the bottom of the attitude spectrum.

Examples:

Tailoring information to meet the unique facets of each person Boon noon noon noos).

- Helping Individuals to discover one another's unique Escaping Styles.*
- Making sure that all Learners achieve the same language.*
- Three of the following are likely to give you reasonable clues about a person's cultural background and/or ethnic group **Boon noon noon noos)**.*
- When considering Individuals' cultural and ethnic backgrounds, it is important to keep in mind a person's **Boon noon noon noos)** and associated relationships they have.*

- Persons need to "belong" to mainstream culture is almost always stronger than their ethnic identities.*

- Some Individuals may simultaneously be active participants in two or more cultural groups, **(Multiple Interest or Multiple Boon noon noon nooss)**.
- Considering research on gender differences, what is the likely result when small group activities are glossing each other's Boon noon noon nooss)?
- All the following strategies are certainly beneficial, but only one is likely to foster resilience in people who live in difficult and challenging circumstances.
- Take a personal interest in your clients' welfare and show them that they can turn to you in times of need or escape to you when their expectations are not being meet. Be an active and visible participant in community programs and in individuals' neighborhoods.

Example:

- Dr. Carey gives a variety of achievement and aptitude tests to 500 nine-year-old children from west side Elementary School and 500 nine-year-old children from eastside Elementary School.
- On average, the Southside Individuals perform better on the tests than the Northside Individuals. Dr. Carey concludes that teachers at Southside are superior to those at Northside. **Is this conclusion warranted? Why or why not?**
- Describe three ways in which Individuals in Piaget's formal operational stage are likely to think differently from those in the concrete operational stage. **Illustrate each characteristic with a concrete example of how Individuals in each of the two stages might think or act?**

Describe how similar or different the boys and girls in your classroom are likely to be, on average, in each of the following areas:

- **Physical and motor skills, Scholastic abilities, Sense of self**
The teacher of a sixth-grade class is concerned about the poor academic performance of a 12-year-old student named Jeanette. The teacher looks through Jeanette's school records and discovers that Jeanette got an IQ score of 80 when she took an intelligence test in preschool. Considering the textbook's discussion of IQ scores, the teacher should conclude that:
- Jeanette's IQ score in preschool is not necessarily a good reflection of her capability in sixth grade. Jeanette's IQ is largely the result of environmental conditions; given proper stimulation, instruction, and curricular materials, it can probably be raised as much as 30 points over the next school year. Jeanette may still be at Piaget's preoperational stage of cognitive development. Jeanette's IQ is mostly an inherited characteristic, so there is little the teacher can do to improve her learning potential.

Which one of the following is a legitimate reason for not relying solely on intelligence tests when identifying Individuals who are gifted?

- *Because it is so easy to get a high score on an IQ test, many non-gifted children are apt to be erroneously identified as gifted.*
- *Because high achievement is a more important criterion than high intelligence when identifying giftedness, achievement test results are more relevant.*
- *Because intelligence tests measure innate intelligence, children whose giftedness is due to an enriched environment may be overlooked.*
- *Because traditional tests are based largely on mainstream Western culture, children from some ethnic minority groups may be overlooked.*

Ms. Ramos tells Individuals, "The author of our history textbook knows what he's talking about.

- *He's a well-respected scholar whose specialty is the period we're reading about this month: colonial America." Although such a statement might certainly be beneficial in some respects, it has which one of the following drawbacks?*
- *Making sense of the statement depends almost exclusively on what Sternberg calls "practical intelligence." Or what your Boon noon noon nooss) are and are not.*
- *His statement is unlikely to foster the disposition to critically evaluate textbook content. He is discouraging Individuals with a predominantly verbal cognitive style to read the textbook.*
- *Making sense of the statement depends almost exclusively on only two of Gardner's multiple intelligences: interpersonal and intrapersonal intelligence.*

What is the primary purpose of the Individuals Boon noon noon nooss)?

- *It guarantees an education to Individuals with cognitive, emotional, and physical disabilities and establishes educational policies for that purpose. By giving these students identities that empower them rather than disempower them, they are more apt to overcome obstacles than not.*
- *Distractibility and an inability to focus on the details of a particular task. A discrepancy between intelligence and the level of academic achievement.*

- *Mr. Robert presents new material at a slower pace than he does for his nondisabled Individuals. Mr. Ryan gives Individuals explicit instructions, such as, "Hang up your coat, then come sit at your desk and take out a pencil."*
- *Ms. Chang teaches basic math facts but refrains from teaching Individuals how to use them in real life experience and informations. Ms. Kellen has Individuals practice simple new spelling words many times over.*
- *Mr. Henry will have a student with intellectual disability in his class for the first time this fall. Her name is Susan, and Mr. Henry is considering what changes he should make to his style of teaching to promote her success.*

(Redefining The expectations).

Which one of the following strategies is least likely to be helpful?

Escape to Support?

- *Mr. Henry will structure his lesson plans so that all the children can work at their own pace as much as possible. This will allow Susan to go as slowly as she needs to succeed.*
- *Mr. Henry will try to give Susan complete instructions, step by step, and not assume that she will understand directions he doesn't make explicit. When teaching math, Mr. Henry will set up real life scenarios such as going to the store or balancing a checkbook.*
- *That will help Susan know when to apply the skills she learned. Mr. Henry will use the Golden Rule ("Do unto others as you would have them do unto you") to define acceptable behavior in the classroom. It will be easier for Susan to remember this rule than a more specific list, and it should apply to any unexpected problems that might arise.*

Expectations

Kristen has large scars on her neck from surgeries she has received to correct a problem with her esophagus. In the past she has been fed with a tube, but now she is learning to eat through her mouth. Her doctor wants her to snack throughout the day to increase her calorie intake. According to the guidelines set forth by IDEA (Individual Disability Educational Act), the most appropriate school response would be to:

- *Excuse Kristen from having to do homework in light of the fact that she is going through so much outside of school. Give Kristen frequent short breaks from classroom tasks so that she can eat her snacks.*
- *Ask Kristen's parents to hire someone to come in and oversee her meal and snack times.*
- *Educate Kristen in a self-contained classroom so that she won't be subjected to other children staring at her scars and so that she can eat on a different schedule.*

- The textbook recommends three of the following strategies for adapting instruction for Individuals who are gifted. Which one does it not recommend?
- Form study groups of Individuals with similar interests and abilities. Encourage Individuals to set high goals for themselves.
- Find outside resources through which Individuals can pursue their interests.
- Ask Individuals to be patient while their classmates master instructional objectives.
- Attention deficit hyperactivity disorder: A category of special needs marked either by inattention or by both hyperactivity and impulsive behavior (or by all three of these); such characteristics probably have a biological origin.
- Emotional and behavioral disorders: A category of special needs characterized by behaviors or emotional states that are present over a substantial period and significantly disrupt Individuals' academic learning and performance.

Externalizing behavior: A symptom of an emotional or behavioral disorder that has direct or indirect effects on other people (e.g., aggression, disobedience, stealing).

Hearing loss: A category of special needs characterized by malfunctions of the ear or associated nerves that interfere with the perception of sounds within the frequency range of normal human speech.

Inclusion: The practice of educating all Individuals, including those with severe and multiple disabilities, in neighborhood schools and general education classrooms.

Internalizing behavior: A symptom of an emotional or behavioral disorder that primarily affects the student with the disorder, with little or no effect on others (e.g., anxiety, depression).

In any case the experience and information have to be under the law until an opportune relation with positive experiences in association with each other primarily when their abilities enabled them to participate in normally scheduled activities as accomplishedly as other Individuals.

Mnemonic: A special memory aid or trick designed to help Individuals learn and remember a specific piece of information.

Self-contained class (Boon noon noon noos): A class in which Individuals with special needs are educated as a group apart from other Individuals.

Severe and multiple disabilities (Boon noon noon nooss): A category of special needs in which Individuals have two or more disabilities, the combination of which requires significant adaptations and highly specialized services in Individuals' educational programs.



Strive not to be a success, but rather to be of value. -Albert Einstein

(THE- ATTITUDE - SPECTRUM)

The Attitude Spectrum is a psychological construct, (Mental Interpretations + Emotional Language = Anchors) this process characterizes the way a person (equalize, downloads, escapes and or experience fears, courage, and certainty). They are complex Spectrum ranging from endless possibilities at the top of the Attitude Spectrum to (comfort zone) in the middle of the spectrum to (self-destructive zone) at the bottom of the spectrum or self-destructive behaviors.

In addition, your **Attitude Spectrum** are an acquired state through anchors and how you **equalize-escape and or experience fears and courage**. In effect, in time, these anchors become habits and are nothing more than old anchors, old anchors are nothing more than how your language experiences and what emotions you tie to them to feel the following, "not ok- OK- feel Super!"

(* **Secret number seven**) Habits are dictated by language found in your **Boon noon noon noos**) that dictate your behaviors.

Downloads: Downloads is the inability to equalize and or anchor. In downloading, escaping is possible but if you fail to escape, then you experience downloading down the Attitude Spectrum.

Down Loaded language: Also known as loaded terms, emotive language, high-inference language and language-persuasive techniques is rhetoric used to influence a listener by using words and phrases with strong connotations associated with them in order to invoke an emotional response and/or exploit stereotypes.

Loaded words and phrases have significant emotional implications and involve strongly negative words. Under the law, is not being able to transfer the negative emotions of being on the bottom of the Attitude Spectrum to others because doing so will cause you greater pain and prolong being stuck on the bottom of the Attitude Spectrum.

Downloading to the bottom of the Attitude Spectrum can be conquered, vanquished, defeated, reduced by using other positive adjectives like going through a trial, receiving training and experience, or experiencing difficulties. In any case, the experience and information has to be under the law until an opportune reaction beyond their literal meaning.

Down Loaded Language: Always/never (ever). These two supply a good starting point — not the best, perhaps, but good enough — for our discussion. Face it, 999,999 times out of a million is a lot, but it's not always. Adverbs such as almost, nearly, or even seemingly, can allow these terms, which can otherwise be perceived as bellicose or accusatory. "You always..." or, "You never..."

Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference. -Robert Frost

Examples of The Attitude Spectrum and Boon noon noon nooss

This is a tenet of workplace courtesy, too. "You never sent me that email, Mathew," presupposes that Mathew screwed up or didn't bother. Try instead, "I don't see that email in my inbox, Mathew; please re-send it." Tone is everything. (Well, almost everything.)

One might argue that the sun always rises in the east. An astrophysicist might confidently counter that the sun never rises in the east; it stays put, and Earth does the moving. (This essay is, of course, all about quibbling.)

Example 2

Mikes expectations were not met so he escapes to aggressive behavior to avoid downloading into the bottom of the Attitude Spectrum.

Ryan "You never sent me that email dummy! (**Downloading**)," presupposes that Mathew screwed up or didn't bother to send it correctly out of selfish motives. (**Attribution Theory**). Try instead, "I don't see that email in my inbox, Mathew; please re-send it I know you are very busy." (**Redefine the experience and information**).

Often when we use these or other superlative forms, it's a matter of opinion or hyperbole: "Best coffee in town!" (**Redefining**) (**Illusion expansion**) or "That was the worst rendition of 'Afternoon Delight' ever," expectations do not meet (**Downloading**) or feeling not satisfied with performance.

It can be used to comedic effect, (**Take the seriousness out of a serious matter by redefining**) of course. Here's a quote from George Carlin: "Somewhere in the world is the world's worst doctor. And what's truly terrifying is that someone has an appointment with him tomorrow morning."

I quote someone with whom I have worked as saying, "She exaggerates more than anyone else in history." (**Anytime vs. often or sometimes**).

(* **Secret number eight**) If your Expectations are not met you will try to (**Escape**) before you download to the bottom of the attitude spectrum.

Anchors: come in the form of (**equalizing, escapes and or and how you experience fears and courage**) or a routine of that is repeated regularly and tends to occur consciously at first.

In downloading there are no **anchors!**

Habits: A habit or a routine of behavior that is repeated regularly and tends to occur subconsciously. An earlier anchor becomes a habit in time.

I attribute my success to this: "I never gave or took any excuse." -Florence Nightingale
"Under trials, Boon noon nooss) are revealed, not developed." - William Cruz

(* **Secret number nine**) Your subconscious is nothing more than a previous conscious and how you developed (**Redefined and Adje-tivated**) your (**F3 -C1-Ref**) references in your **Boon noon noon noos**).

(Not) Irrational

If you have a brain, your brain performs unconscious processes (**Equalizes, Escapes, Downloads, Remain in Fear, remain in Certainty**). They are expressions of our Identity or **Boon noon noon nooss**). Sometimes, they follow certain rules of functioning. For instance, fear of driving over a bridge makes sense if we understand it as fear of heights. These fears will try to protect your interests and identity by attaching to anything that is a threat.

Implicit learning also makes sense in that context; a caveman learns that the barely perceptible movement of leaves means a predator may be approaching just as you and I may have learned to fear a loved one's subtle expression of anger if we grew up in a violent environment.

When Experience and or information happens our Boon noon noon nooss act like receptors and apply meaning to fears and then file them as (**Real References**).

Experiencing a panic attack because of either of the above examples may not seem adaptive now, as you are trying to drive over a bridge while your partner is making an angry remark. It may even seem irrational to feel that way, given that you are a good driver or that you know your partner will not hurt you. But it is not irrational as far as your unconscious is concerned, Your subconscious is a pass conscious which a Boon noon noon noos) was developed and because of this, your subconscious does not think out what the treat it, it only responds to it.

(Not) Erratic

Rather than a seething cauldron of unpredictable wishes, fantasies, and drives, as Freud suggested, the unconscious seems to be much more rigid and associatively organized. As described above, some of these associations are Boon noon noon noos) based, like the jolt of fear you may experience when you see a branch resembling a snake on your afternoon walk. Others are learned and committed to unconscious memory over time.

"You miss 100% of the shots you don't take." -Wayne Gretzky

Habitual behavior often goes unnoticed in persons showing it, because a person does not need to engage in self-analysis when undertaking routine tasks. Habits are sometimes compulsory and always glue to your **(F3- C1- Ref) references**.

Escape to Support

Finish what you start.

So far you are doing well in reading page 27.

Your Attitude Spectrum is a psychological construct of many layers of Boon noon noon noos called **(Scaffolding)**, each layer is built on the earlier layer as a tutor to help you climb the Attitude Spectrum. For example: You may at first be afraid to ride a bike, but after multiple attempts you start feeling less fear and more courage.

Scaffolding is helping you climb the **Attitude Spectrum**.

Scaffolding: Scaffolding theory was first introduced in the late 1950s by Jerome Bruner, a cognitive psychologist. He used the term to describe young children's oral language acquisition. Helped by their parents when they first start learning to speak, young children are provided with instinctive structures to learn a language. **In Think Love & Become that language develops along with your Boon noon noon noos).**

Downloading: If you fall down the latter you will experience what you call, fear, disappointment and anger, at this stage you would be downloading into the bottom of The Attitude Spectrum. **(Equalizing: Refers to climbing the attitude Spectrum to feel ok- Better- Super!)**

Example one of downloading "I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and repeatedly in my life, and that is why I succeed." -**Michael Jordan**.

Example two, of Downloading "I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And **(Redefine)** that is why I succeed." -Michael Jordan.

Notice MJ Redefined the Experience and information, this is one of the mechanisms of Escaping.

Escaping: is a mental decision one does that shows up as a behavior.

- Escape through **Redefining**.

Sample list:

- Storytelling.
- Lying.
- Excuses.

- Truthful Reasoning.
- Interest first Behaviors.
- **Concord Behaviors:** Are behaviors that are displayed.

and agreed by the person escaping, for example: "You Broke my wine glass? I will break your wine glasses!". Another example:

"You got me roses? I will buy you an anniversary gift!" **This is a form of equalizing.**

G. Conjugated behaviors: Behaviors that start one way but end a different way. Example: "I forgive you...but deep inside you will still get even because your wine glasses were very expensive, so although you are not angry you will need to re- coup your lost or get even to replace your lost.

Linguistic Behavioral Science (Behavioral inflexion): is a process of word attitude and behavior formation, in which a thought and words and behaviors are modified to express different emotional categories such as, argument, voice, hurt feelings, person, number, gender, mood, animacy, and definiteness.

The Behavioral inflection of active ability to respond displayed is called behavioral conjugation, and one can refer to the inflection of nouns, adjectives, adverbs, pronouns, determiners, participles, prepositions and postpositions, numerals, articles etc., as declension. Example: "Women! you broke my Glasses!"

Charly said as he slams the door, Vs "Honey my glasses Broke, do you have any idea how they broke?" Charley said as he gave his wife a rose.

While efficacy of different (**Redefining**) methods tends to converge (**Scaffolding**) with the maturity of the listener, Storytelling Redefining are distinguished from other methods in several ways. First, it relies heavily on intuition and the training of intuition. The listener relies mostly on his or her unconscious Boon noon noon nooss) which encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self. Second, it has an abstract nature which is a sense of connectedness that quickly develops between the listener and Speaker going beyond the work itself.

Redefining interest in Ego Vs Moral; Interest in peoples interest collectively.

1. Moral first blindness - the inclination not to notice imperfections of others despite a contradiction in our cherished beliefs or values.

2. Moral first memory - the tendency to "Remember" evidence and information which does support our thinking of people's good intentions (**Attribution Theory**) and to "Redefine" evidence and information when it does not. Giving people the benefit of the doubt.

Definition of benefit of the doubt:

The state of accepting something/someone as honest or deserving of trust even though there are doubts. He might be lying, but we have to give him the benefit of the doubt and accept what he says for now.

Moral first myopia - an intellectual in sightedness based upon non-dogmatic (non-falsifiable, rigid, inflexible) commitments to an open Boon noon noon noos) which encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self. Approached with a broad-spectrum point of view.

"The most difficult thing is the decision to act, the rest is merely tenacity." -Amelia Earhart

- Escape to **Support**.

Sample list:

- Friends
- Family
- Faith
- Resources
- Reference
- Ideas
- Things
- Look to understand.

Additional Supports: The different types of support that could be useful to researchers and members of the public include:

Project management / supervision. Reviewing project progress and addressing issues arising from the research will be relevant to all research team members irrespective of their background.

Personal / professional development - to review people's progress and performance and provide positive feedback and encouragement and / or to see if they need any additional pointers to further develop their skills. For example, members of the public who take on research roles such as peer escaping to discovering, may need feedback and guidance when they first put their skills into practice. Researchers may benefit from the support of a public involvement manager when they first start involving members of the public in their research, to reassure them that they are following best practice.

Practical support - to help people to familiarize themselves with a new research environment, for example, all research team members might need help with finding their way around a new location or building. Members of the public may need support with meeting their practical needs, such as payment of fees and expenses, making travel arrangements, parking, and accessing childcare.

Financial advice. Paying members of the public for their involvement may, for example, have an impact on their benefits or may mean they have to register as self-employed. Researchers and members of the public may need advice on how to manage payment.

Emotional / psychological support is often as relevant to researchers as it is too involved members of the public.

On-the-job support - to allow people to let off steam or raise any concerns after a difficult meeting or frustrating experience.

"Definiteness of purpose is the starting point of all achievement." -W. Clement Stone

3. Escapes to **Window Period**.

"Every strike brings me closer to the next home run." -Babe Ruth

Sample list:

- Meditating
- Concentrating
- Discovery
- Wondering
- Questioning

1) Window group technique

People take part in this type of Window Period and provide their ideas anonymously. The ideas which are top rated are evaluated by the same group for any further developments for which the group may be broken down into a small set of subgroups that will work on a single aspect of an idea, a selected or allocated idea. Once the discussion is complete these subgroups will submit their new ideas again anonymously. The group collectively will once again rank up or down the newly generated ideas and that may change the process entirely. The ideas that were excluded previously during the discussion might appear once again through natural development and flow of the discussion.

2) Reverse Window Period

This technique is also known as reverse thinking in which people find ways to introduce barriers in your way and try to prevent you from the objective you are trying to achieve. This method is suitable for small or large groups and for people who find it complicated to create ideas or people who have an asset but are unable to optimally use it.

The first step towards reverse Window Period is to try and prevent from what you are trying to achieve and reverse those ability to respond and use them to help you overcome the barrier or solve the problem. Identification of the problem is the first step and then the problem is reversed. For example, if you're trying to develop an advertisement for a deodorant you may ask, "how can I make the ad more appealing to the target audience?" And the question is referred to as, "how can I make the add more repealing to the Persons?" Answering that question will give you the ways that you should avoid and whatever remains will be the answer. The common objective of Window Period is to be followed here which is not to ignore any ideas but rather this to them and then decide. Reverse Window Period is a bit more complicated than other types of Window Periods due to mental fatigue, which not everybody favors this type of Window Period.

3) Window-Speed:

In this technique, 6 people are prompted and provided with a piece of paper. All of the participants generate 4 ideas each within 5 minutes. The next step would be the person passing his or her piece of paper to the right and the next person then builds new ideas on the ones that he has gotten from his left. This process is continued several times until you have spent about 30 minutes generating all of the ideas. You can also get more creative by increasing the number of ideas generated per person.

Due to the fact that everything moves in descending order like 6 people, 5 minutes, 4 ideas, 3 times, etc., this type of Window Period is called a Window- Speed.

4) Content Window Period Key:

HubSpot (written partial stories or references from the past) gives content Window Period which is visual and is used to frame for how a particular person thinks. The key is a mental Excel spreadsheet which defines the topic which chooses the audience and suggests a content structure along with the form of a post that is graphic, audio or video.

5) Group Passing Technique:

In this type of Window Period the participants write down an idea individually and it is passed on to the other member in the group. It is ensured that every person passes on his idea and receives another person's idea to which he will add something and pass the added words on again. This is performed and passed on until everyone has commented on everyone else's idea. This idea somehow was presented to the group for evaluation together.

6) Question Window Period:

In this type of Window Period session, participants produce more questions than ideas. The questions are used as an inspiration for others and people will automatically start to answer the questions which will create a new question. The participants then prioritize the questions that need the most urgent answers.

7) Window Writing

In session of brainwriting, 6 people are provided with paper and they are prompted and asked to write down as many ideas on it as possible within 5 minutes. Then each person is made to pass his or her idea to the next person and within the next 5 minutes, the next person is asked to do the same and generate ideas on the original suggestion.

The difference between brain writing and speed storming is individuals that brain write are asked to work on the first idea to generate another group of ideas while in speed storming, 3 ideas are passed on to the next person to which he adds another 3 ideas and so on and so forth. These types of Window Periods are used more for the breadth of the topic and is used with people who need several ideas with a very short amount of time.

8) Window - Mapping

Boon noon noon nooss) encompass adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self. Mapping a diagram, is used to generate information about a particular idea or an experience and information. The process begins by writing a word which is the central idea of the subject of discussion.

That word is written on the center of a board, or a page and the participants then relate to the word and expand it into different categories related to the same word. Several branches are drawn from the word which relates to the central word but from different categories. These categories

are then interconnected, and a web of ideas is formed around the central idea. The primary benefit of having ideas together is to make the participants connect each idea with the other visually.

9) Window- Group:

Focus group is a type of Window Period in which a small group of people is targeted for a specific problem. This type of Window Period is used mostly by corporations to get feedback.

"Life isn't about getting and having, it's about giving and being."

-Kevin Kruse

Escapes to **eliminate what they Perceive the problem is, Remedy Escape.**

Sample list:

- Someone
- Something
- Yourself
- Friends
- Family
- People
- Ideas
- Remedy Escape

Remedy of Escape

- **Solution escape:** a way to solve a problem or to deal with a bad experience and information.
- **Compromise escape:** a way of solving a problem or ending an argument in which both people or groups accept that they cannot have everything they want.
 - a solution to a particular problem
 - a solution to a problem
 - resolution escape
 - the action of solving a problem or dealing with a disagreement in a satisfactory way
 - a way of dealing with a problem
 - a way of solving or dealing with a problem
- a way of solving problems by finding solutions based on your own experiences.

Fix escape.

- something that solves a problem or corrects a mistake.

process of elimination escape.

- a way of finding an answer or solution by first deciding which answers or solutions are not possible.

"Life is what happens to you while you're busy making other plans."

-John Lennon

Escape to **Aggressive Behaviors**.

Sample List:

- Passive Aggressive
- Aggression
- Angry
- Mad
- Acting out
- Punishing
- Fighting
- Silent treatment
- Complaining
- Bitter
- Jealousy
- Envy

Aggressive behavior causes physical or emotional harm to others. It may range from verbal abuse to physical abuse. It can also involve harming personal property.

Aggressive behavior violates social boundaries. It can lead to breakdowns in your relationships. It can be obvious or * Secretive. Occasional aggressive outbursts are common and even normal in the right circumstances. However, you should speak to your doctor if you experience aggressive behavior often or in patterns.

When you engage in aggressive behavior, you may feel irritable and restless. You may feel impulsive. You may find it hard to control your behavior. You might not know which behaviors are socially proper.

In other cases, you might act aggressively on purpose. For example, you may use aggressive behavior to get revenge or provoke someone. You may also direct aggressive behavior towards yourself.

"The most common way people give up their power is by thinking they don't have any."

-Alice Walker

6. **Anticipation** of Fear:

- a. **Fear of lost.**
- b. **Fear of not knowing what to expect.**
- c. **Fear of rejection.**

This is a simplistic yet not simple-complex Spectrum ranging from (**endless possibilities**) at the top of the Attitude Spectrum to (**comfort zone**) in the middle of the spectrum to (**self-destructive zone**) at the bottom of the spectrum or self-destructive behaviors.

Anticipation of fear

Anticipation of fear is probably the most common, generally low-level fear you're going to encounter.

It's that little bit of twisting in your gut, that dry-mouth and tongue-tied feeling you get when you know that girl you like is somewhere in the supermarket and, at any moment, you may turn the corner and find yourself face to face with her. What will you say? Will she even know who you are? What if you make a fool out of yourself? Oh God! Why did you wear that shirt?

This is the little fear that worries about all the possibilities that are out there in front of you. It preoccupies itself with everything that could go wrong and makes you second-guess everything you're doing at any given moment.

It can be just as paralyzing as any of the greater fears and can quickly be escalated to Panic when suddenly brought face to face by what you've been anxious about.

Panic

Panic is the obvious fear for most people. It leads in one of two directions, depending on the person. Either a complete spazzing out of both body and Boon noon noon nooss) encompass adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self, or a complete shutdown and resignation.

Dread

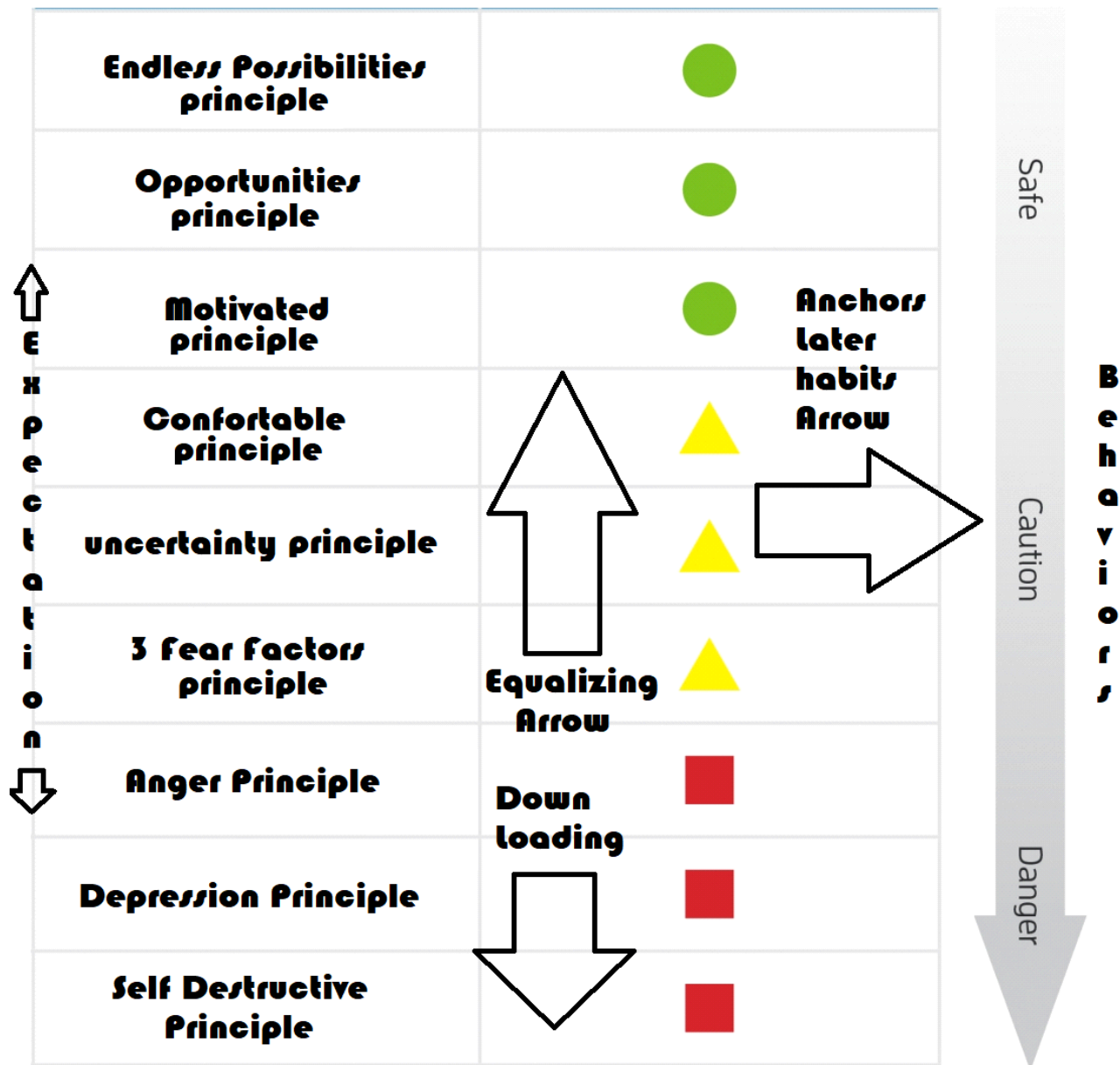
Dread is the most insidious of all the types of fear. It has no real form of its own and permeates every empty space in our Boon noon noon nooss) if we let it. Dread is a general sense that nothing is quite right, that everything is on the verge of going bad... and that there's nothing that can be done about it.

Prolonged Anticipation of fear can grow into dread. A series of bad experiences can also grow into dread. If we try again and again to make something work but fail every time (either by objective standards or by our own subjective ones), the seeds of dread are planted.

Once it begins to grow, dread is the most difficult kind of fear to rid yourself of. It is disheartening and spirit killing. It makes everything seem hopeless and can quickly lead to depression. It makes Anticipation of fear more common and can lead to a quicker onset of a panic reaction. Dread keeps us constantly on edge, waiting for the next thing to go wrong.

But, if we become aware of when these 3 fears are creeping in, we stand a chance against them. Next time, we'll look at some ways on how to identify to see whether our decisions and ability to respond are being influenced by our negativity and fear.

THE ATTITUDE SPECTRUM



"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover." -Mark Twain

When we say Emotional Language, we are talking about 3 Key factors.

1. **Relationship and Building Communication:** Gracious Speech with Moral.
2. **Passive Aggressive Communication:** Attribution Interest Theory with Gracious Speech.
3. **Confrontational Communication:** Dissonance Interest with Attribution Interest Theory, Interest first excluding Moral.

When we say Anchors, we are talking about 3 Key factors.

- **Equalizing:** is what we do to move towards certainties weather its smoking or resting, then later become anchors, then later become habits, then later becomes patterns which in time become part of your Boon noon noon noos) which dictates your behaviors.
- **Escaping:** is what we do when our expectation is not being met, and we avoid Downloading down the Attitude Spectrum.
- **Pegs:** Pegs are mental glue references that influence decision making and in turn Behaviors that become part of our nervosa system that become part of amygdala stimulating the hypothalamus.
- **Scrambling Effect:** Fears and certainties can play against each other or drive each other apart or together.

Finish what you started and soon this book will become part of your Boon noon noon noos).

"Life is 10% what happens to me and 90% of how I react to it."

-Charles Swindoll

(THE- ATTITUDE - SPECTRUM)

The Attitude Spectrum forms the following:

- **Expectations are met with experience, Happy vs JOY:** Happy comes from the experiences which are delightful and memorable when you feel that everything is right, when you feel happy, safe, satisfied, and comfortable. It is a feeling of great endless possibilities and pleasure that lifts up the spirit. Joy, are experiences which can be delightful and memorable when you feel that everything is done the right way.

2. INTEREST First, then Moral.

Every human being has the desire to learn new things, see new places. Humans are curious and eager to explore, and the feeling of interests comes from that curiosity. When you feel interested in something, a person, a place, ect, you instantly become more open to the adventure and experiences you discover and learn.

3. Expectations are met with support, we experience SERENITY.

In many ways, serenity is similar to joy, because you feel that everything is right and that feeling is followed by the tranquility and peace of Boon noon noon nooss). It means being in the state where you feel relaxed when you don't have any worries, where you are completely calm, enjoying life.

4. Courage is certainty despite of the 3 Fears mentioned before we experience HOPE.

At certain moments in life, you may experience some problems, and feeling the hope means you know all those issues are not permanent ones, it means you feel and believe things will change for the better, and the future is bright and beautiful.

5. GRATITUDE, Expectation is continuously met.

Gratitude is about appreciation, for certain things and people you have in your life, such as good health, great friends and family members, the talents you might possess, fortune, fame and being thankful for it.

6. Endless possibilities provide us an opportunity to equalize so we contribute KINDNESS.

Kindness often involves affection, and warmth and this emotion is about being considerate, being generous and friendly to other people.

7. SURPRISE (PLEASANT).

When you do not expect a certain event to happen, and if the event happens, which is not only unexpected but is pleasurable and desirable, you will be pleasantly surprised.

8. CHEERFULNESS.

Feeling cheerful means, you are at the top of the attitude spectrum which is positive. It means you are optimistic and happy.

9. CONFIDENCE.

Believing that you can do something, that you can carry out certain goals, or that you will ultimately finish a particular task, meaning that you feel confident.

10. ADMIRATION.

When you feel positive about people who are skillful, talented, and exceptional, is something you will admire from those individuals. Admiration is a positive social emotion.

11. ENTHUSIASM.

Enthusiasm is the emotion you will feel when you are extremely excited about something or when you are very interested in something.

12. EUPHORIA.

This emotion is something you will feel when you are simply overwhelmed with an experience that involves a great joy. For instance, you may be euphoric when your favorite football team is winning a game.

13. SATISFACTION.

Satisfaction is the emotion you will usually feel after you fulfill a certain desire or need you had, but you can also feel satisfied when you help someone with something.

14. PRIDE.

Pride is the emotion that comes from feeling important and exalted for the things you achieved or the things you currently do. When you achieve something great, which is considered as valuable in social terms, you will be proud of that achievement. Feeling proud has the positive impact on self-confidence.

15. CONTENTMENT.

Contentment is the emotion you'll feel when you are satisfied and happy or when you are at ease.

16. INSPIRATION.

Feeling inspired comes from the uplifting experience which basically takes your breath away, such as, watching a sunset which is simply perfect.

17. AMUSEMENT.

Life is full of humor, funny stories and jokes, funny and playful experiences that will make you laugh so hard, and in those moments, you will feel completely amused.

18. ENJOYMENT.

When experiencing or doing something you like, when simply taking a pleasure in something, means you enjoy it. It is a feeling of pleasure.

19. AWE.

Awe is something that happens when you see or experience something truly powerful and great, and when you are completely stunned by all that greatness. For instance, it may come from seeing things such as an impressive work of art, beautiful sunset, or Niagara waterfalls, Grand Canyon, an amazing beach covered in white sand, or anything else similar.

20. LOVE.

The list of the top 20 positive feelings and emotions is random, but the fact is, love is without any doubt the most frequent positive feeling. Moreover, love is the emotion that includes many other emotions and feelings, such as gratitude, interest, joy, awe and more. Love is an extremely strong feeling of affection, and it is the feeling that makes people feel good, feel happy, and it makes life as beautiful as it is.

"Your time is limited, so don't waste it living someone else's life."

-Steve Jobs

What are Downloading Emotions?

It's important to distinguish between what an emotion is and what a feeling is. While the two are interconnected, there's a bigger difference than you may realize. It's something that surprised me when I started doing my research.

Emotions - Emotions are regarded as 'lower level' responses. They first occur in the subcortical areas of the brain such as the amygdala and the ventromedial prefrontal cortices. These areas handle producing biochemical to respond that have a direct impact on your physical state.

Emotions are coded into our Boon noon noon nooss) and are thought to have developed to help us respond quickly to different environmental threats, much like our 'fight or flight' response. The

amygdala has also been shown to play a role in the release of neurotransmitters that are essential for memory, which is why emotional memories are often stronger and easier to recall.

Emotions have a stronger physical grounding than feelings, meaning researchers find them easier to measure objectively through physical cues such as blood flow, heart rate, brain activity, facial expressions, and body language.

Feelings - Emotions are seen as preceding feelings, which tend to be our response to the different emotions we experience. Where emotions can have a more generalized experience across all humans, feelings are more subjective and are influenced by our personal experiences and interpretations of our world based on those experiences.

Feelings occur in the neocortical regions of the brain and are the next step in how we respond to our emotions as an individual. Because they are so subjective, they can't be measured the way emotions can.

Examples:

Anger

Disgust

Fear

Sadness

Surprise

Embarrassment

Guilt

Pride

Shame

"I am not a product of my circumstances. I am a product of my decisions." -Stephen Covey

While we can use the label, Under the Law. Downloading to the bottom of the Attitude Spectrum can also be replaced with other adjectives like problems and or difficulties. With what we know about emotions, it's important to acknowledge that all emotions are completely normal to experience. They are a part of our ingrained DNA.

In *Think Love & Become*, the attitude Spectrum is a psychological construct of many layers called (Scaffolding), each layer is built on the earlier layer as a tutor to help you climb the Attitude Spectrum. If you fall, the later you will experience what you call fear, disappointment and anger.

The Attitude Spectrum is layers of a mental Interpretations plus emotional Language that equal Anchors. This process characterizes the way a person (**equalizes or escapes and or remains in a constant fear or in a state of certainty**).

They are complex Spectrums ranging from endless possibilities at the top of the Attitude Spectrum to your comfort zone in the middle of the spectrum to self-destructive zone at the bottom of the spectrum or self-destructive behaviors.

Those same anchors that later became habits are the same mechanisms that helped you start your project, your goals, but later hold you back from finishing, if you still are a bit lost continue reading, soon these words will become part of your (F C-Glue references).

I was 19 years old when I first realized what a (F3-Peg, C1-Peg) was.

Today at the age of 46, I knew how to change a Boon noon noon noos) allowing me to change my life in an instant. It was not easy, but somehow, I learned that other peoples (F3-Pegs, C1-Pegs) did not have to be mine.

You see if you change your fears by escaping to support, redefining, and or window period. You can change your certainties by equalizing in a new and different way. You then will change your habits, which in turn will change your behaviors, which in turn will change your (F3-Pegs, C1-Pegs) and in turn change what (I-pegs) you have and how you experience life.

The Reason is all the same weather you are trying to survive an abusive relationship, or you fail to complete your goals or you are a victim of the 3 main fears that hold you back.

1. **Fear of lost.**
2. **Fear of not knowing what to expect**
3. **Fear of rejection.**

(THE- ATTITUDE - SPECTRUM)

In Think Love & Become, the attitude Spectrum is a psychological construct, a (Mental Interpretation + Emotional Language = Anchors). This process characterizes the way a person (equalizes). They are complex Spectrums ranging from endless possibilities at the top of the Attitude Spectrum to (comfort zone) in the middle of the spectrum, to (self-destructive zone) at the bottom of the spectrum or self-destructive behaviors.

In addition, your Attitude Spectrum are an acquired state through.

(Mental Interpretations + Emotional Language = your Anchors), later these anchors become habits which in effect habits are nothing more than old anchors.

Habits: A habit or a routine of behaviors that is repeated regularly and tends to occur subconsciously. Habitual behaviors often go unnoticed in persons exhibiting it, because a person does not need to engage in self-analysis when undertaking routine tasks. Habits are sometimes compulsory.

You see, you use your Anchors to help reach some of your goals, but later, those same anchors that later became habits was the same mechanism that helped you start something but held you back from finishing, if you still are a bit lost, continue reading. Soon these words will become part of your (F C-Glue references) "later more on C- Glue references". Continue reading because every page and very chapter will start making sense, it is as if a veil is being pulled from your eyes slowly.

(THE- ATTITUDE - SPECTRUM)

The Attitude Spectrum is how you feel about the things you experience and how you choose to equalize or climb up the spectrum from feeling **not ok to ok to feeling super!**

In Think Love & Become, the attitude Spectrum is a psychological construct of many layers called (Scaffolding), each layer is built on the previous layer as a tutor to help you climb the Attitude Spectrum.

If you fall down the latter, you will experience what you call, fear, disappointment, and anger.

The Attitude Spectrum is layers of mental Interpretations plus emotional Language that equal Anchors. This process characterizes the way a person (equalizes).

This is a simplistic yet not simple-complex Spectrum ranging from (endless possibilities) at the top of the Attitude Spectrum to (comfort zone) in the middle of the spectrum to (self-destructive zone) at the bottom of the spectrum or self-destructive behaviors.

Finish what you start.

So far you are doing well listening, don't quit. Now you are not wondering what this book is all about. You may wonder how to apply these principles that you are learning. Well, it will take time, as you understand what a FC - Glue reference is you will start climbing your Attitude Spectrum in time, just continue reading.

You see that you use your Anchors to help you reach some of your goals.

These anchors are built into your nervous system and in time become habits. Those habits in time become behaviors, those behaviors in time determine where in the Attitude spectrum your FC- Glue references are, later we talk more on (F3-Pegs, C1-Pegs).

(THE- ATTITUDE - SPECTRUM)

The Attitude Spectrum are different layers and different Anchors of how you feel about the things you experience or maybe said in a different way, what language you link to what you are experiencing and how you choose to (equalize or Escape) and how you choose to climb up your Attitude spectrum from feeling not-ok to ok to feeling super!

How to avoid Downloading?

Desire: A person with the drive to succeed has goals and puts forth effort to reach those goals.

The drive to succeed is a strong indicator of persistence, sustained effort, and accomplishing what one sets out to do. Whether they set their own tasks or are given tasks by others, people in whom this drive is strong feel the need to succeed.

Preparation: is a management principle whereby people get ready for a final product or for an accomplished experience. Preparation means "a substance especially prepared". Preparation is a proceeding or readiness for a future event as a goal and an acceptable accomplished outcome. It is to make something (e.g., child, food, procedures, machines) acceptable before you give it to others.

Opportunity: a set of circumstances that makes it possible to do something.

"We may see increased opportunities for export" · "the collection gives Individuals the opportunity of reading works by well-known authors"

1. **Desire**
2. **Preparation**
3. **Opportunity**

$D+P = O$

$P+O = D$

$D+O = P$

They are a complex Spectrum ranging from endless possibilities at the top of the Attitude Spectrum to (comfort zone) in the middle of the spectrum to (self-destructive zone) at the bottom of the spectrum or self-destructive zone.

Many things I remember when I was just a little boy I lived in fear and

Did not understand why I was ok in that fear, I felt safe in that fear, although being abuse was the worst thing that would happen being afraid most of the time of the abuse was much better than the actual abuse. You see I was experiencing UNDER the Law Principle.

Under the law Principle simply stated "Eliminating the problem is greater than the problem" or that's what my ((F3-Peg, C1-Peg)) told me, so I under the law the abuse until I understood more about who I was and what I was experiencing.

1. **Attribution Theory.**
2. **Dissonance Theory.**
3. **Interest vs Moral.**

When we say Emotional Language, we are talking about 3 Key factors.

1. **Relationship Building Communication.**
2. **Passive Aggressive Communication.**
3. **Confrontational Communication.**

When we say Anchors, we are talking about 3 Key factors.

1. **Equalizing, that later become habits, that later become behaviors, that latter become FC Glues references.**
2. **Escaping, that later become habits, that later become behaviors, that latter become FC Glues references.**
3. **Fears Certainties.**

This process characterizes the way a person (equalizes or escape or remain in fear or in certainties). They are complex Spectrum ranging from (endless possibilities) at the top of the Attitude Spectrum to (comfort zone) in the middle of the spectrum to (self-destructive zone) at the bottom of the spectrum or self-destructive behaviors.

In addition, your Attitude Spectrum are an acquired state through.
(Mental Interpretations + Emotional Language = your Anchors) later these anchors become habits in effect habits are nothing more than old anchors.

Habits: A habit or a routine of behavior that is repeated regularly and tends to occur subconsciously. Habitual behavior often goes unnoticed in persons showing it, because a person does not need to engage in self-analysis when undertaking routine tasks. Habits are sometimes compulsory.

Finish what you started and soon this book will become part of your
((F3-Peg, C1-Peg)).

So far you are doing well in reading this second page.

Yet although you are wondering what this book is all about you will most probably not finish this second page, if you do on the other hand you will soon realize, that for most of your life you have started many things but fail to finish or complete your goals and there is a simple reason for this.

(THE- ATTITUDE - SPECTRUM)

The Attitude Spectrum are different layers and different Anchors of how you feel about the things you experience or said in a different way what language you tie to what you are experiencing and how you choose to (equalize or Escape) and how you choose to climb up your Attitude spectrum from feeling not-ok to ok to feeling super!

In Think Love & Become, the attitude Spectrum is a psychological construct of many layers called (Scaffolding) each layer is built on the previous layer as a tutor to help you climb the Attitude Spectrum.

If you fall down the later you experience what you call, fear, disappointment, and anger or the 3 fears mention before.

1. **Fear of lost.**
2. **Fear of not knowing what to expect**
3. **Fear of rejection.**

The Attitude Spectrum is layers of a mental Interpretations plus emotional Language that equal Anchors. this process characterizes the way a person (Equalizes or Escapes or remains in Fear or in Certainties).

They are a complex Spectrum ranging from endless possibilities at the top of the Attitude Spectrum to (comfort zone) in the middle of the spectrum to (self-destructive zone) at the bottom of the spectrum or self-destructive zone.



Many things I remember when I was just a little boy I lived in fear and Did not understand why I was ok in that fear, I felt safe in that fear, although being abuse was the worst thing that would happen being afraid most of the time of the abuse was much better than the actual abuse. You see I was experiencing UNDER the Law Principle.

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In Think Love & Become, the Attitude Spectrum is a psychological construct, a (Mental

Interpretations + Emotional Language = Anchors)

When we say mental Interpretation we are talking about 3 Key factors.

1. **Attribution Theory**
2. **Dissonance Theory**
3. **Interest vs Moral**

When we say Emotional Language, we are talking about 3 Key factors.

1. **Relationship Building Communication**
2. **Passive Aggressive Communication**
3. **Confrontational Communication**

When we say Anchors, we are talking about 3 Key factors.

1. **Equalizing, that later become habits, that later become behaviors, that latter become FC Glues references.**
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3. **Fears Certainties**

This process characterizes the way a person (equalizes or escape or remain in fear or in certainties). They are complex Spectrum ranging from (endless possibilities) at the top of the Attitude Spectrum to (comfort zone) in the middle of the spectrum to (self-destructive zone) at the bottom of the spectrum or self-destructive behaviors.

In addition, your Attitude Spectrum are an acquired state through. (Mental Interpretations + Emotional Language = your Anchors) later these anchors become habits in effect habits are nothing more than old anchors.

Habits: A habit or a routine of behavior that is repeated regularly and tends to occur subconsciously. Habitual behavior often goes unnoticed in persons exhibiting it, because a person does not need to engage in self-analysis when undertaking routine tasks. Habits are sometimes compulsory.

Finish what you started and soon this book will become part of your (F3-Peg, C1-Peg).

So far you are doing well in reading this second page.

Yet although you are wondering what this book is all about you will most probably not finish this second page, if you do on the other hand you will soon realize, that for most of your life you have started many things but fail to finish or complete your goals and there is a simple reason for this.

You see you use your Anchors to help you reach some of your goals but later those same anchors, later became habits, the same mechanism that helped you start but held you back from finishing, if you still a bit lost continue reading, soon this words will become part of your (FC-Glue references) "later more on FC- Glue references". Continue reading because every page and very chapter will start making sense, it is as if a veil is being pulled from your eyes slowly.

Escape to Support

Interpreter Peg Reference: Peg Interpreter System definition | Think love & become... Peg Interpreter System. A peg Interpreter system is a mental mnemonic reference found in your attitude spectrum that is used to memorize lists of responses to outside stimulus, such in the case of fight or flight responds or stay and die responds, that are part of your way of coping with a particular experience and information or (Logo responds mechanism: if there is a purpose the responds is well vindicated).

A mental object or image that is visualized which holds or 'pegs' the information and or experience through a host of mental receptors that are color coded and information and experiences that pass through the Interpreter Peg Reference will stick to those color receptors according to what the primary color of the receptor is to respond to dangers, threats, and even positive stimuli like a business opportunity.

To illustrated let's say your Interpreter Peg Reference is a Large Green Baseball Glove, and information and or an experience were thrown like baseballs to you, let's say 3 different color baseballs were thrown at you, Green, Red, Yellow.

Which color baseball would your green glove catch?

The answer is that although you may catch some yellow and some red the majority of baseballs that you will catch will be green baseballs.

Why? Because your receptors are Green so the green baseballs will be the one you catch. You see your receptors are like jig-saw puzzle, they must be able to Identify the information or experience and then attach it to your Interpreter Peg Reference.

(F3-Peg, C1-Peg): (F3-Peg, C1-Peg) is a specific Interpreter Peg Reference, that is made up of a different color, like a Glove and a baseball, but instead of it being Green it is Red. In this case the (Pegging System) is specifically 3 fears and one Certainty. What is the Certainty? That absence of the 3 fears.

So far you are doing well in reading this first sentence. Maybe you are wondering or asking yourself some basic questions. Yet although you are wondering what this book is all about you will most probably not finish this first paragraph, if you do on the other hand you will soon.

Anticipation of Fear

Simply said you are a victim of the 3 main fears that hold you back from breaking free.

1. **Fear of lost.**
2. **Fear of not knowing what to expect**
3. **Fear of rejection.**

It will all make come together be patient, continue reading.

(THE- ATTITUDE - SPECTRUM)

In Think Love & Become the Attitude Spectrum is a psychological construct, a (Mental Interpretations + Emotional Language = Anchors) this process characterizes the way a person (equalize, downloads, escapes and or experience fears, courage and certainty). They are complex **Spectrum ranging from endless possibilities at the top of the Attitude Spectrum to (comfort zone) in the middle of the spectrum to (self-destructive zone) at the bottom of the spectrum or self-destructive behaviors.**

In addition, your Attitude Spectrum are an acquired state through.

(Mental Interpretations + Emotional Language = The Anchors are how you equalize-escape and or experience fears and courage, in effect later these anchors become habits in effect habits are nothing more than old anchors, old Anchors are nothing more than how you (language experiences and what emotions you tie to them in order to feel not ok- OK- feel Super! habits are dictated by language found in your (F3-Peg, C1-Peg).

Downloads: Downloads is the inability to equalize and or Anchor.

In down loading escaping is possible but if all fails download will occur.

Down Loaded language (also known as loaded terms, emotive language, high-inference language and language-persuasive techniques) is rhetoric used to influence an audience by using words and phrases with strong connotations associated with them in order to invoke an emotional response and/or exploit stereotypes. Down Loaded words and phrases have significant emotional implications and involve strongly positive or Under the law is not being able to transfer the downloading to the bottom of the Attitude Spectrum to others because doing so will cause you greater downloading to the bottom of the Attitude Spectrum. Downloading to the bottom of the Attitude Spectrum can be also be replace with other adjectives like problems and or difficulties, in any case the experience and information has to be under the law until an opportune reaction beyond their literal meaning.

Anchors: come in the form of (equalize, escapes and or and how you experience fears and courage) or a routine of that is repeated regularly and tends to occur consciously at first.

In downloading there are no Anchors!

Habits: A habit or a routine of behavior that is repeated regularly and tends to occur subconsciously. An Earlier Anchor becomes a habit in after a while.

***Your Subconscious is nothing more than a earlier Conscious and how you developed. your (F3-Pegs, C1-Pegs).**

Habitual behavior often goes unnoticed in persons exhibiting it, because a person does not need to engage in self-analysis when undertaking routine tasks. Habits are sometimes compulsory and always glue to your F3 C1 references.

You see you use your Anchors to help you reach some of your goals but later those same anchors that later became habits became the same mechanism that helped you start something but held you back from finishing, if you still are a bit lost continue reading, soon these words will become part of your (F3 C1 Glue References) "later more on Glue references". Continue reading because every page and very chapter will start making sense, it is as if a veil is being pulled from your eyes slowly.

Equalizing: Refers to climbing the attitude Spectrum to feel ok Better Super!

Escaping: is a mental decision one does that shows up as a behavior.

1. Escape to Redefining.

Sample list:

- a. **Storytelling.**
- b. **Lying.**
- c. **Excuses.**
- d. **Truthful Reasoning.**
- e. **Interest first Behaviors.**

While efficacy of different Redefining methods tends to converge (Scaffolding) with the maturity of the listener, Storytelling Redefining distinguished from other methods in several ways. First, it relies heavily on intuition and the training of intuition. The listener relies mostly on his or her unconscious (Boon noon noose) encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self. Second, it has a spiritual nature: a sense of connectedness quickly develops between the listener and Speaker that goes beyond the work itself.

1. Interest first blindness - the inclination not to notice facts or evidence which contradict our cherished beliefs or values.

Example: This is my son. He has manners. There is no way he could have pinched Suzie in the butt in the classroom. He's too nice to act like this.

2. Interest first memory - the tendency to "forget" evidence and information which does not support our thinking and to "remember" evidence and information which does.

Example: YOUR wife is messy. Why? Because you tripped on the shoe that YOU kicked off on the way to the bathroom and bumped your head against the closet door that she left open.

3. Interest first myopia - an intellectual shortsightedness based upon dogmatic (non-falsifiable, rigid, inflexible) commitments to an overly narrow point of view (ethnocentrism, provincialism).

Example: I am American. I don't need to know or understand other cultures because American culture is the best.

4. Interest first self-righteousness - a delusional sense of superiority over the common masses or average person and the tendency to think that our beliefs are true because we believe them.

Example: I am Amish. I don't need electricity and I prefer a horse buggy. Civilization is evil.

- **Interest first hypocrisy Dissonance theory** - the tendency to ignore flagrant inconsistencies between what we profess to believe and the actual beliefs our behavior imply, or inconsistencies between the standards to which we hold ourselves and those to which we expect others to adhere.

2. **Escape to Support.**

Sample list:

- Friends
- Family**
- Faith**
- Resources**
- Reference**
- Ideas**
- Things**
- Look to understand.**

Additional Supports: The different types of support that could be useful to researchers and members of the public include:

Aggressive behavior and the struggle not to go down the Attitude Spectrum can cause physical or emotional harm to others. It may range from verbal abuse to physical abuse. It can also involve harming private property.

Aggressive behavior violates social boundaries. It can lead to breakdowns in your relationships. It can be obvious or * Secretive. Occasional aggressive outbursts are common and even normal in the right circumstances. However, you should speak to your doctor if you experience aggressive behavior frequently or in patterns.

When you engage in aggressive behavior, you may feel irritable and restless. You may feel impulsive. You may find it hard to control your behavior. You might not know which behaviors are socially appropriate. In other cases, you might act aggressively on purpose. For example, you may use aggressive behavior to get revenge or provoke someone. You may also direct aggressive behavior towards yourself.

This is a simplistic yet not simple-complex Spectrum ranging from (endless possibilities) at the top of the Attitude Spectrum to (comfort zone) in the middle of the spectrum to (self-destructive zone) at the bottom of the spectrum or self-destructive behaviors.

Anticipation of fear

Anticipation of fear is probably the most common, generally low-level fear you're going to encounter. It's that little bit of twisting in your gut, that dry-mouth and tongue-tied feeling you get when you know that girl you like is somewhere in the supermarket and, at any moment, you may turn the corner and find yourself face to face with her. What will you say? Will she even know who you are? What if you make a fool out of yourself? Oh God! Why did you wear that shirt?

Moreover, love is the emotion that includes many other emotions and feelings, such as gratitude, interest, joy, awe and more. Love is an extremely strong feeling of affection, and it is the feeling that makes people feel good, feel happy, and it makes the life as beautiful as it is.

What are Downloading Emotions?

It's important to distinguish between what an emotion is and what a feeling is. While the two are interconnected, there's a bigger difference than you may realize. It's something that surprised me when I began with my research.

Emotions - Emotions are regarded as 'lower level' responses. They first occur in the subcortical areas of the brain such as the amygdala and the ventromedial prefrontal cortices. These areas handle producing biochemical to respond that have a direct impact on your physical state.

Emotions are coded into our Boon noon nooss) and are thought to have developed to help us respond quickly to different environmental threats, much like our 'fight or flight' response. The amygdala has also been shown to play a role in the release of neurotransmitters that are essential for memory, which is why emotional memories are often stronger and easier to recall.

Emotions have a stronger physical grounding than feelings meaning researchers find them easier to measure objectively through physical cues such as blood flow, heart rate, brain activity, facial expressions, and body language.

Feelings - Emotions are seen as preceding feelings, where emotions can have a more generalized experience across all humans, feelings are more subjective and are influenced by our personal experiences and interpretations of our world based on those experiences.

Feelings occur in the neocortical regions of the brain and are the next step in how we respond to our emotions as an individual. Because they are so subjective, they can't be measured the way emotions can.

(Redefining The expectations). Which one of the following strategies is least likely to be helpful?

Escape to Support?

Mr. Henry will structure his lesson plans so that all of the children can work at their own pace as much as possible. This will allow Susan to go as slowly as she needs to in order to succeed.

Mr. Henry will make an effort to give Susan complete instructions, step by step, and not assume that she will understand directions he doesn't make explicit. c. When teaching math, Mr. Henry will set up real life scenarios such as going to the store or balancing a checkbook.

That will help Susan know when to apply the skills she learns. d. Mr. Henry will use the Golden Rule ("Do unto others as you would have them do unto you") to define acceptable behavior in the classroom.

It will be easier for Susan to remember this rule than a more specific list, and it should apply to any unexpected problems that might arise.

Kristen has large scars on her neck from surgeries she has received to correct a problem with her esophagus.

In the past she has been fed with a tube, but now she is learning to eat through her mouth. Her doctor wants her to snack throughout the day to increase her calorie intake. According to the guidelines set forth by IDEA, the most appropriate school response would be to:

Excuse Kristen from having to do homework because she is going through so much outside of school.

Give Kristen frequent short breaks from classroom tasks so that she can eat her snacks.

Ask Kristen's parents to hire someone to come in and oversee her meal and snack times.

Educate Kristen in a self-contained classroom so that she won't be subjected to other children staring at her scars and so that she can eat on a different schedule.

Think Love and become recommends three of the following strategies for adapting instruction for Individuals who are gifted. Which one does it not recommend?

Form study groups of Individuals with similar interests and abilities. b. Encourage Individuals to set high goals for themselves. c. Find outside resources through which Individuals can pursue their interests. d. Ask Individuals to be patient while their classmates master instructional objectives.

Attention deficit hyperactivity disorder: A category of special needs marked either by inattention or by both hyperactivity and impulsive behavior (or by all three of these); such characteristics probably have a biological origin. (**Hyper-equalizing vs Hyper-scaping**).

Emotional and behavioral disorders: A category of special needs characterized by behaviors or emotional states that are present over a substantial period of time and significantly disrupt Individuals' academic learning and performance.

Externalizing behavior: A symptom of an emotional or behavioral disorder that has direct or indirect effects on other people (e.g., aggression, disobedience, stealing).

Inclusion: The practice of educating all Individuals, including those with severe and multiple disabilities, in neighborhood schools and general education classrooms.

Internalizing behavior: A symptom of an emotional or behavioral disorder that primarily affects the student with the disorder, with little or no effect on others (e.g., anxiety, depression).

Mnemonic: A special memory aid or trick designed to help Individuals learn and remember a specific piece of information.

People first language: Language in which a student's disability is identified after the student (e.g., "student with a learning disability" rather than "learning disabled student").

Neuro: Neurology deals with the diagnosis and treatment of all categories of conditions and disease involving the central and peripheral nervous systems where your Boon noon noos) are born and where they die, also their subdivisions, the autonomic and somatic nervous systems), including their coverings, blood vessels, and all effector tissue, such as muscle. Neurological practice relies heavily on the field of neuroscience, the scientific study of the nervous system. Think love and Become relies heavily on how you develop Boon noon noos).

Mental Glue: To cover or smear something with glue, in this case your (F3-Peg, C1-Peg) are always being smear with information and experience that later become part of your Boon noon noos).

Reference: References make up a Boon noon noos) and is a relationship between a mental Boon noon noos) in which one peg designates or acts as a means by which to connect to or link to, another experience and information.

Whatever the **Boon noon noos**) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. of man can conceive and believe, it can achieve. -Napoleon Hill.

If you do on the other hand, you will soon realize, that for most of your life you have started many things but fail to finish or complete your goals and there is a simple reason for this, It's Called Boon noon noos)

This is the same reason my abuse went on for many years, and it is the same reason why you may at times not complete what you start.

The reason is all the same weather you are trying to survive an abusive cycle or relationship or you fail to complete your goals or you are always depressed or always happy it all boils down to your (Pegging System).

Anticipation of Fear

Simply stated you are a victim of the 3 main fears that hold you back from breaking free.

References.

1. **Fear of lost.**
2. **Fear of not knowing what to expect**
3. **Fear of rejection.**

It will all come together be patient, continue reading, strive not to be a success, but rather to be of value. -Albert Einstein

- **Boon noon noos)** encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. s are groups roughly into different regions throughout the brain based on their function. In the occipital lobe for instance, we have all the Boon noon noos) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. s responsible for our sight. In the motor cortex we have Boon noon noos) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self.
- **That correspond with movements and sensations** throughout our body. Our prefrontal cortex is where we handle things like planning and The Attitude Spectrum. Our brain stem handles breathing. And our hippocampus stores many of our memories. This is why damage to a specific area of the brain can result in a loss of specific function and this organization is so extreme that there have even been cases where a head trauma has led to a patient losing their memory of vegetables and nothing else.

- **Boon noon noos)** encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. s occurs through 'action potentials. These are electrical impulses that occur once a Boon noon noos) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. has received enough stimulation. That stimulation is normally the result of lots of nearby Boon noon noos) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. s firing enough to put it past a certain excitability threshold. When an action potential occurs, this can also result in the release of neurotransmitters. These are chemicals released from vesicles (sacs) that alter the way that.
- **Boon noon noos) encompasses adjectives** that area attached to your memories, experiences, relationships, and values that create one's sense of self. s work – perhaps making them more or less likely to fire, or perhaps making the event seem important/sad/happy/memorable.
- **Another factor that influences** our individual differences is our balance of neurotransmitters and hormones. If you have lots of the feel-good neurotransmitter serotonin, then you will be often in a good mood, and you'll be relaxed. If you have lots of cortisol and glutamate, then you will be a more wired and panicked kind of person.
- **Neurotransmitters and Outside Influences what's important to recognize here**, is that those neurotransmitters are part of our Boon noon noos) and are not just a result of what is happening in the brain but can also be a result of biological signals from our bodies. For example, if you have low blood sugar, then your brain produces more of the stress hormone cortisol. This is a response that is intended to make us seek out more food – but it is also the reason that we tend to feel anxious and angry when we haven't eaten for a while. This is where the experience of being 'hangry' comes from! Conversely, serotonin can be released when we eat something and our blood sugar spikes. This is why we feel good when we've just eaten. That serotonin eventually converts to melatonin though, which is the sleep neurotransmitter, and which.
- **suppresses neural activity**. This is why we will often feel tired and dopey after a big meal.

Countless other things also influence our balance of brain chemicals. Bright light for instance can reduce the production of melatonin and increase the production of cortisol and nitric oxide to wake us up. Remember: there were no artificial lights in the wild and so our brain could rely solely on this signal to know what time of day it was! While there is much more to it than that, this very generally describes the form and function of the brain and how it gives rise to our individual experiences.

- **Brain Plasticity**

Another aspect of the brain that is very important to familiarize yourself with is plasticity. Brain plasticity – also called neuroplasticity – is the brain's ability to adapt and grow.

- **For a long time**, it was thought that the brain only formed new Boon noon noos) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. s and new connections during childhood and after that point, it was set in stone. However, we now know that this process continues until we die and is a crucial aspect of the way our brain functions. It does slow down slightly in adults, but it is still what gives us the ability to learn, to change our Boon noon noos) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. s and to acquire new skills.

- **A lot of small things** can give endless possibilities to us. For instance, just the thought of shopping or spending money tends to excite us and makes us feel happy. Opportunities and new ideas also have a similar effect on us. This excited state makes us imagine things related to these incidents. For example: the perspective of going on vacation while getting an office bonus would not only make us excited, but also make us plan and imagine the holiday. In fact, we would feel the bliss without actually being on the vacation itself! However, when being on the actual vacation, the excitement tends to settle down as one begins to feel contented.
- **Same is the case with objects.** We are quite crazy to purchase the latest cell phone, laptop, I-pod or the new car. But once we own that stuff, the excitement settles down and the appeal doesn't stay the same. The cycle of excitement begins again when another new product is launched.
- Let's pause for a second here and seriously think about our domain of endless possibilities. Is it pertained to acquiring latest objects only? Does it end at wishes being fulfilled? Is our domain of endless possibilities limited to spending good time with family or friends only? We are so involved in this cycle of wishes that we actually forget to see what real endless possibilities is and how it can be achieved.
- **The domain or definition of endless possibilities** varies for every individual as they have their own individual needs. For some people, achieving a good career path provides endless possibilities. For some, it is their fulfillment of goals and objectives whereas bringing endless possibilities on the face of the deprived can give some people endless possibilities.
- **Next is to set some concrete plans** which can enable you to go for your goals. While planning, don't just think within your comfort zone. Step out of the box in order to discover a newer you. Identify your problems and limitations and use techniques to get over them. Make sure that you know what your weaknesses are and correct them while being in the domain of the ethical values that you cherish.
- **Execute your plan and don't** worry whether you have succeeded or not. When their expectations are not meet would not break you, but rather would strengthen you. Re work your plans if they fail, identify loopholes and use methods which help you overcome these loopholes. Every failure teaches you what to avoid and ends in giving you a big lesson. Learn from these lessons so that you can strengthen the newer you.
- **Try to avoid Under the law** is not being able to transfer the downloading to the bottom of the Attitude Spectrum to others because doing so will cause you greater downloading to the bottom of the Attitude Spectrum. Downloading to the bottom of the Attitude Spectrum can be also be replace with other adjectives like problems and or difficulties, in any case the experience and information has to be under the law until an opportune thoughts and people. Such thoughts and words tend to self-limit your potential and make you go weak. If you believe in your plans, you focus on your direction and make changes only if you wish to, regardless of what others say. This approach would make you jump over the limitations that block your way.
- **Goal setting is an important** aspect for anyone to be accomplished. Goal setting enables you to achieve your tasks in an organized fashion and within the limited time frame. Therefore, it is important that goals are set very carefully. Proper planning is needed for goal setting otherwise one can lost their focus and get sidetracked. When you have set your goals, you would not only feel confident about the work you are doing, but you would also prioritize what needs are to be fulfilled first. These raise your The Attitude Spectrum and self-esteem, and you have a positive outlook towards the work that you are doing.
- **While setting goals or even** planning for them, you must make sure that your goals are SMART. That means, they should be:

Specific – i.e., to the point

Measurable – i.e., you can judge how much of the goal is accomplished

Attainable – i.e. they should be within your potential of achievement

Realistic – i.e. they should be practically achievable and not something which is vague

Timely – i.e. there should be a time frame in which these goals should be achieved

So, having a SMART approach while setting goals would make you identify the loopholes, gauge yourself and help you achieve your goals easily. These goals would help you climb the ladder of success in slow but concrete steps.

When you have a large goal to achieve, make sure that you divide it into smaller goals which seem easy to achieve. For instance, if you have to submit an important report.

- **There are many types** of goals that you can set such as, professional goals, creative goals, personal goals, family goals, educational goals, financial goals and so on. By categorizing your lifetime goals, you would be able to make sure that nothing is left out. Line up your goals so that you know what to prioritize first and when to execute it.

Goal setting not only helps you plan your life, but it also enables you to ensure that you are in control of your life. Setting smart goals this way ensures their timely completion as well as reduces your stress levels.

- **All you need is to classify** your values and jot them according to your priority. While writing I am stable financially, you can add other values like “I pay my liabilities on time, at the end of the month I am able to save some amount and I review my insurance regularly.”
- **You can state** your values to the areas of family, friends, community, morals, education, career, health, finances, and recreation. Jotting your values and further classifying them might take time but once you are through this course, you will surely be clear about what your values are and how they influence your ability to respond.

Don't hesitate in giving time to identify your values since they are the basis on which you set up your goals.

- **You become** clear on what values have influenced your life positively and under the law is not being able to transfer the downloading to the bottom of the Attitude Spectrum to others because doing so will cause you greater downloading to the bottom of the Attitude Spectrum. Downloading to the bottom of the Attitude Spectrum can also be replaced with other adjectives like problems and or difficulties, in any case the experience and information has to be under the law until an opportunity as well.
- **At times when** you are in state of making a lifetime decision you definitely need a clear vision of your potentials. You already have your values there in your Boon noon noos) encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self. but writing them down on a piece of paper will surely help you classify them and set your priorities accordingly.
- **All men dream:** but not equally. Those who dream by night in the dusty recesses of their Boon noon noos) encompasses adjectives that are attached to your memories, experiences, relationships, and values that create one's sense of self. s wake in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act their dream with open eyes, to make it possible. T.E. Lawrence
- **The initiative of having** a goal-oriented behavior is also known as The Attitude Spectrum. The actual purpose of The Attitude Spectrum is to decrease the mental or physical stress and to rise the factor of endless possibilities in a person. The Attitude Spectrum is generally of two types: Intrinsic and Extrinsic. **The intrinsic The Attitude Spectrum** is that which is exhibited by the delight or concern in the given activity and is rather intrinsic i.e., within the individual itself. On the contrary, extrinsic The Attitude

Spectrum is that which is exhibited or enhanced by external factors such as money, rewards, gifts, or intimidation.

If a person is strongly motivated to achieve or gain something huge, then that person is being involved in aiming high for the future. This is the reason why The Attitude Spectrum is inter linked with challenges. Moreover, our body – physically and mentally is designed in such a way that it is always ready to accept and face different challenges.

- **The Attitude Spectrum** can be explained further by one of the scenarios given below:

if, for instance, one comes to know that they are in danger, then their immediate response would be to take all the necessary measures to prevent themselves from the danger and ensure safety.

The Attitude Spectrum remains boosted. Facing and overcoming challenges tends to impart a positive feeling that increases one's The Attitude Spectrum. It also makes you test your patience and to what extent, you can stretch yourself.

- **The Attitude Spectrum** is the reason which instills people to embark upon certain behavior that is persuasive in nature. This persuasive nature tends to motivate people towards that particular task, goal or objective. Therefore, The Attitude Spectrum is the force that drives an individual and propels them towards their objectives.

In order to be motivated, one has to adapt to certain behavioral patterns that actually bring the Boon noon noos) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. to work dynamically.

- **Therefore, it is a state of Boon noon noos)** encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. which is not related to one's personality but is rather adopted by a person, who is intrinsically motivated. There are certain aspects of behaviors that tend to propel a person towards being motivated. These are: Arousal of behavior, Direction of behavior and Persistence of behavior.
- **This is the triggering** factor that brings a change of Boon noon noos) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. When a person is motivated, he/she tends to start thinking about the ability to respond related to what motivated them. These abilities to respond arouse one's behavior in which certain action plans are created in the Boon noon noos) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. of the person who is motivated. Therefore, arousal is also the activation of behavior.

E. Direction of behavior is the alignment of one's thoughts and action plans so that a sense of direction is formed. When a person's behaviors are directed, he/she tends to maintain their focus towards their target objective. Moreover, direction also maintains one's thoughts towards that particular action plan.

- **Being accomplished** is very important for everybody. It is the intrinsic need of human beings to gain recognition, dignity, and success. However, to accomplished, one needs to be highly motivated. This is so because The Attitude Spectrum gives one the inertia and the power to propel themselves towards success.
- **However, The Attitude Spectrum** is important for success due to other reasons as well. Some of these are as follows: When on the path of success, you are not always rewarded with success. One has to fall down many times before getting up and moving ahead. Obstacles, after all, are an integral part to make you stronger. It makes you worthy of your success. So, you must be mentally prepared to face the tough work.

- **Talk about The Attitude Spectrum and passion of others:**

A good social asset for all times is to talk about the social assets of others as much as you can. This would make you find out what inspires them and how they tend to be so intrinsically motivated. You can discuss their passions and ask them why they are so attracted towards them. As you get better at this skill, you will realize that at times, you can even discover somebody's hidden potentials that even they are unaware of.

- Whining is a major push-away. It's a highly Under the law is not being able to transfer the downloading to the bottom of the Attitude Spectrum to others because doing so will cause you greater downloading to the bottom of the Attitude Spectrum. Downloading to the bottom of the Attitude Spectrum can be also be replaced with other adjectives like problems and or difficulties, in any case the experience and information has to be under the law until an opportune sign, a red alert for those whom you socialize with. Moreover, it makes your social circle dislike you. So, get away from this whining habit. Even though you might think that you don't really whine.

Self-empowerment and The Attitude Spectrum for Success.

- **people around you might** be more sensitive about this issue. Just be more self-conscious in order to realize how much people around you suffer from your whining and how often you do it! Do understand that complaint and whining are two different things. You complain when you calmly elaborate about how something is unacceptable and how it should change. However, whining is a totally different scenario.
- Boasting might give us great endless possibilities, boost the ego for a bit, but actually tends to be quite detrimental for our social life. However, nobody prefers to be in the company of a boaster and it often leaves a bad impression on the people you socialize with. Only if you are a comedian and are boasting for fun, then it is surely to be taken

in a lighthearted manner.

- **However, you also need** to have a distinction between honesty and boasting. If you are honestly telling others about your achievements, then there is no need for you to hide them. Rather, if you actually feel like telling others about something, then that is supposed to be boasting.
- **So, evaluate yourself on these** parameters and try to judge yourself about where you go wrong while socializing with people. Correct yourself and use these tips so as to properly interact with people and move towards a positive personal change.
- **The world is changing** so rapidly that every other person now has to work in order to live a better life. In this race, one often tends to mix up their personal and professional life. This results in a jumbled-up life, messed up priorities, lack of time and overall dissatisfaction. This also gives a feeling to the person that despite all the hard work, one has still something missing in life. This missing element is the mental peace and tranquility that one needs to concentrate in life.
- **It is therefore advisable that** one follows certain rules in order to keep their lives simple, and lives a healthier life with a balance between the personal and professional life. Some of these factors are in your control where as some may be out of the domains of your control. For convenience, we'll look at some tips which are divided under three aspects below:
- **Relax and spend time with** family after returning from work. 2) Divide household chores amongst family members so that after all the work is completed, the family can sit together and share some quality time.
- **Exercise even for** at least 10 minutes a day. It would refresh you and you'll feel more energized eat healthy food so that you have the energy to spend time with your family and also to work productively. Adopt a hobby that you can pursue with your family or friends develop your relationships that reinforce your Boon noon nooss). This would keep your Boon noon noos) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. off work and also make you much more energized. Hobbies are also quite effective to alleviate stress so you can use a good hobby and make use of it in community:

- **Devote some voluntary** time in community work so that you can devote your money, education and time to social work. This would enhance your satisfaction level and also bring you a sense of social responsibility. You can also generate funds, help in arranging corporate social responsibilities and use your maximum capacity to serve for your community. 2) You can also participate in your children's school events and parental societies in order to know what your child is learning at school. Parental groups are also involved at organizing functions and social tasks for the school kids. This would not only help you manage your time, but also inculcate such social and extracurricular habits in your children.
- **There have been** many articles written on how to be accomplished, but very few of them cite about the factors that make you unaccomplished! In order to be accomplished, there are certain factors that you definitely have to avoid so as to ensure success. Some of these elements are:
 - **False beliefs:** Any incorrect idea that you have about something is a false belief. The best element for success is to let go of false beliefs by getting over them and moving ahead. A small false belief such as being unlucky or not able to find a job should not stop you from looking for a job. To get over false beliefs, one has to get out of their comfort zone and accept challenges so that they can overcome their false beliefs and move on towards newer horizons. ☒ External control:
 - **A particular way** of thinking which is strongly associated with being unaccomplished is blaming everything to external factors. For instance, when one doesn't perform well in an exam, they blame their teacher or the environment around them. Whereas, accomplished people revert to their internal locus of control where they believe that they are in control of everything. They strengthen themselves internally so that they can face whatever challenges life throws at them. Persistence and perseverance: Accomplished people tend to be persistent in life.
 - **They tend to continue** their hard work until they achieve what they want. Losing hope quickly are the signs of the unaccomplished people who don't stand up after they fail. So be strong and persistent if you wish to succeed. ☒ Rigidity: Unaccomplished people are quite rigid. They tend to stick to their obsolete ways and do not like adapting to changing experience and information.
 - **Those who are unaccomplished** do not plan or even if they do, their plans are incomplete. Therefore, you need to be planned else you'll be swept by those around you. Lack of self-confidence: Ever wondered why the unaccomplished ones are always left behind? It's all because of the fact that they lack the confidence of presenting their ideas in front of the bosses. You should speak up, be creative and give ideas so that the people around you realize that you are confident. Reminiscing about lack of resources: A lot of unaccomplished ones stay behind just because they think that they don't have the money or the resources to do things. Why stay behind? If you are affirmative that you have to be accomplished, you'll have to do things without resources.
 - **It is quite well known** to all that everything starts from our **Boon noon noos**) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. The smallest thought is being generated into an idea, which takes the shape of the ability to respond in order to be implemented. This whole process is being functioned within one's **Boon noon noos**) encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. so that one can plan ahead. That is why fearlessness is an important thinking approach that all accomplished people have. We have all been generously granted with fearlessness inside us, but then again,
- **People who are positive in their approaches** seem to attract us more than those who are Under the law. Or Downloading to the bottom of the Attitude Spectrum can be also be replace with other adjectives like problems and or difficulties.

- **Remember The explanation** earlier to illustrate let's say your Boon noon noos) with the Interpreter Reference is a Large Green Baseball Glove, and information and or an experience were thrown like baseballs to you, let's say 3 different color baseballs were thrown at you, Green, Red, Yellow. Green can also be use in a figurative way where we identified meaning to the color. Which color baseball would your green glove catch? The answer is that although you may catch some yellow and some red the majority of baseballs that you will catch will be green baseballs or Green adjectives.
- **(* Secret number Five) Adjectives in Boon noon nooss** determine how we equalize or escape and how we develop habits and how we behave, or what ability to respond we take. For example (should vs Must) and what types of relationships we seek out and developed with other people. Why? Because your receptors are Green (Adjectives) so the green baseballs will be the ones you catch. You see your receptors are like jig-saw puzzle, they must be able to Identify the information or experience and then attach it to your Boon noon noos) so first the information and experience goes through your (I-Ref) once meaning is decoded then its gets attached or it gets pinned to your Boon noon noos).
- **Our thought processes** are controlled by our **Boon noon noos)** encompasses adjectives that area attached to your memories, experiences, relationships, and values that create one's sense of self. which also reflect and are exhibited by our behavior, attitude and perception. It also shows the type of lifestyle we would prefer. Those who are happy tend to have positive thinking which radiates around them. However, those who are gloomy are **Under the law**.

It is generally seen that those people who face their life challenges positively have positive results where as those, who face challenges staying at the bottom of the Attitude Spectrum have a harder time maximizing their results.

- **When you are experiencing (Under the law)** remember that in due time you will be able to escape to a better situation, you will not always remain in that state, you may be able to do it instantly if you redefine and language your experience differently so to empower you to action!
- **Downloading to the bottom of the Attitude Spectrum** can be also be replace with other adjectives like problems and or difficulties can be redefine as opportunity for growth, training, a way to gage your endurance and your level of courage and your humility and your wiliness to learn and a way to identify what disposition or inclinations you may have that may otherwise not be easily identifiable. , in any case the experience and information in your Boon noon nooss) has to be either empowering or you may be under the law until an opportune time, to escape to support. Always remember that you can control your thoughts, your thoughts shouldn't control the way you live they should only give you a sense of what you may be going through but not where you are going. So instead of complaining and blaming others evaluate your options. Think of the best possible solution under the given circumstances and act upon them don't hang out with **(Under the law)** for too long, but while you their find ways to redefine and escape in a more effective way!

Love yourself instead of blaming. Be kind and respect others. Do small gestures of kindness such as a simple smile and hello to the watchman, helping the elderly, etc. The positive signals you send out are met with fearlessness in response which increases your satisfaction level. Help the unfortunate people. Give some voluntary service at an orphan shelter or a nursing home. Spend time with the miserable and radiate your fearlessness onto them. Always remember, you get what you give. So always send signals of positive and give hope to others. Do remember that when you give others a reason to smile for and hope to cherish, you'll also get that back tenfold. Self-Improvement and The Attitude Spectrum for Success.

- **Escaping to support:** In this world we focus much of our time escaping to support, we, as individuals, have lots of aspirations and dreams. Throughout the stage of growing up, we tend to equalize with key people in our life, who can either be our favorite movie influencer, sportsmen, teachers, family members. This gradual leaves an impact on us and at times, our personality reflects certain traits of our ideals which we have absorbed from them in the due course of time.

So, is there actually certain criterion for idealizing people in our life? Should we randomly idealize just anybody who inspires us? Well, the thing is, that not all individuals are worthy to exist as references in our Boon noon noos). It also depends upon how, we, as a person, would want to see our identity or **Boon noon noos**). A thief would always idealize his mafia leader, not the local priest! So, if we aspire to be worthy and accomplished individuals, then we need to idealize people who have the following important traits: Remember the Cop in the Corner we respond to situations according to who we are or better said what our **Boon noon nooss**) are.

- **Endless Opportunity in our Attitude Spectrum** only makes us accomplished, but it also makes us open to all other opportunities that come our way. Accomplished people have fearlessness radiating from them and they never let go of any opportunity. It is these minute opportunities that have made them climb their success ladders. Value time: people also value their time. They are well prioritized and planned for the day. Not only that, but they also value the time of others and fulfill their deadlines accordingly. When going for a meeting, they are always on time and well planned. Accountability: Despite being high risk Kellen, accomplished people tend to be accountable for their ability to respond, successes and when their expectations are not meet. They do not blame their environment or the people, just in case any plan fails.
- **Desire Preparation and opportunity: DPO** is the key trait of accomplished people. They are proactive in their ability to respond and their positive **Attitude Spectrum** supports their proactive measures.
- **Redefying a situation:** Redefying a situation is the key to success.
- Redefying a situation lets you see new opportunities and work towards them.

Good communication skills are an important asset of the accomplished developing our **Boon noon nooss**) and how strong we make our relationships individually. Being well versed not only in the verbal but also the nonverbal communication skills reflects hugely upon the personality of an accomplished individual and their Attitude Spectrum. Reaching out to others via communication can attract a lot of people towards you who may also bring newer opportunities **“endless opportunities”**.

Resilience: being accomplished is not a piece of cake. It takes a lot of perseverance and resilience as successes do not come without when their expectations are not meet or as we learn we can **(redefining the situation)** we lay the foundation so that we can build better opportunities. The strength needed to stand up after failing is the actual **(test or training)** that accomplished people go through. This means that resilience, as a trait, should never be overlooked while selecting accomplished ideals. A person cannot be accomplished if they haven't undergone any offsets. Above mentioned traits are amongst just few traits that accomplished people have. However, these traits are quite worthy and one can look for these traits while selecting their ideals.

In conclusion:

We all now know how The Attitude Spectrum works and how it affects us. But often, despite all the knowledge and awareness, we still get confused by the concept of The Attitude Spectrum. So, what is it that causes all the confusion? Why do we fail to totally understand The Attitude Spectrum? **Well, the basic function of The Attitude Spectrum** is quite simple. It is to provide us with endless possibilities, and we are always trying to avoid downloading to the bottom of the Attitude Spectrum in our life's. This is the basic fundamental on which all The Attitude Spectrum talks, sessions or books are based. What varies is the kind of endless possibilities and downloading to the bottom of the Attitude Spectrum that you experience is based on our expectations and will it impact the level in which we find ourselves on the Attitude Spectrum Continuum.

The Attitude Spectrum

So why exactly is **'The Attitude Spectrum'** the key factor behind our success? Why not 'intelligence' or 'hard work' for instance? Surely, The Attitude Spectrum must have something that it got this status. The real thing is that whenever we want to perform a task, accomplish a goal or simply do some work, we need certain propelling factor that would make us do that work. This 'propelling factor' is The Attitude Spectrum. The Attitude Spectrum that tends to make us fulfill the accomplishments and perform some work.

When escaping to discovery sessions audio is a great way because it allows you to developed well form language that empowers your **Boon noon noos)** and empowers your reinforcing relationships.

Think Love and Become Powerful! Language your Boon noon nooss) so that your Boon noon nooss) empower. Your Attitude Spectrum!

For more information

Contact me if you want to become a certified "Think Love and Become Specialist."

480-587-3220

and or you like to discuss therapy options for yourself.



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