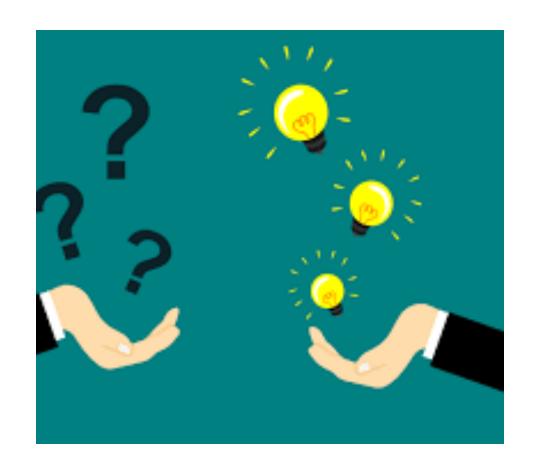
Event + Response = Outcome



There are only 3 responses you have any control over

Behavior Thoughts Imagery