

In the past we had experiences:

- Each one was evaluated and ranked on how it made us feel, wrt, our two main fears, 1. We won't be loved 2. We won't be enough
- We seek to repeat the ones that gave us pleasure (lessened our fears or fulfilled one of our 6 needs)
- We learn to avoid ones that caused us pain (didn't feel loved, weren't enough, made us worse off in terms of needs)
- The stronger the emotion the more extreme of the ranking
- These define our beliefs (The feeling of certainty about what something means), and Values (emotional states we believe are important to experience or avoid), which lead to Anchors (linking of specific triggers with emotional states)
- And we unknowingly decided on acceptable levels of accomplishment. Think of these as thermostat settings for your life (money in the bank, grades in school, number of dents in your car, etc.), set by your interpretation of random events

Tools to change: You can change the past by remembering it differently, looking for the silver lining, and create new associations (difficulty: med)

We have options in front of us and we have to decide what to do:

- We seem driven to maintain our thermostat levels (If we have no food we do all that we can to get food, granted we have good associations with food. This could apply equally to fixing dents in our cars. It is tied to our 6 human needs but not that simple)
- Sometimes we do things more to avoid something, rather than to achieve a goal
- When our thermostat is pretty good we just assess decisions as they come, first off to avoid pain, secondly to gain pleasure (perceived future emotions matter more than actual future emotions)

Tools to change: You can change your values and beliefs (rules), and your thermostat. First identify what they are, then decided what you want them to be. Identify how you spend your time and money (resources) and that will show you what you ultimately (subconsciously) think of as important. If this is not what you want to deem to be important to you, change it by the linking strong negative emotions with 'X' and strong positive emotions with 'Y', and 'Y' will become where you spend your time and money without fail.

Challenge: One of our strongest tendencies is to stay 'in character'. We have a persona which has got us this far and feel we need to stick to it (may have different personas around different people)

We have an idea of how we want the future to be:

- The actions we take in the present are based on predictions we make of the future. And how far out we are predicting has a big impact.
- We predict what our future will be like if we continue as is (great/good/ bad) and we work on improving our present situation until we get it to an acceptable level, (thermostat) then we coast.
- Largely based on what you think you deserve.

- Since we need to make so many decisions and take so many actions we have automatic responses. Some describe our minds as an elephant and a rider. The rider is your mind and the elephant represents automatic response. Training/taming it is what most self help books are trying to help you out.

Tools to change: The simple act of putting the time in to think about this can have a great impact on your future, and written goals have been seen to work wonders. I think this is the easiest tool to improve your life (written future goals), because it seems more logical to us that we can change our future rather than trying to change our past (looking for a silver lining)