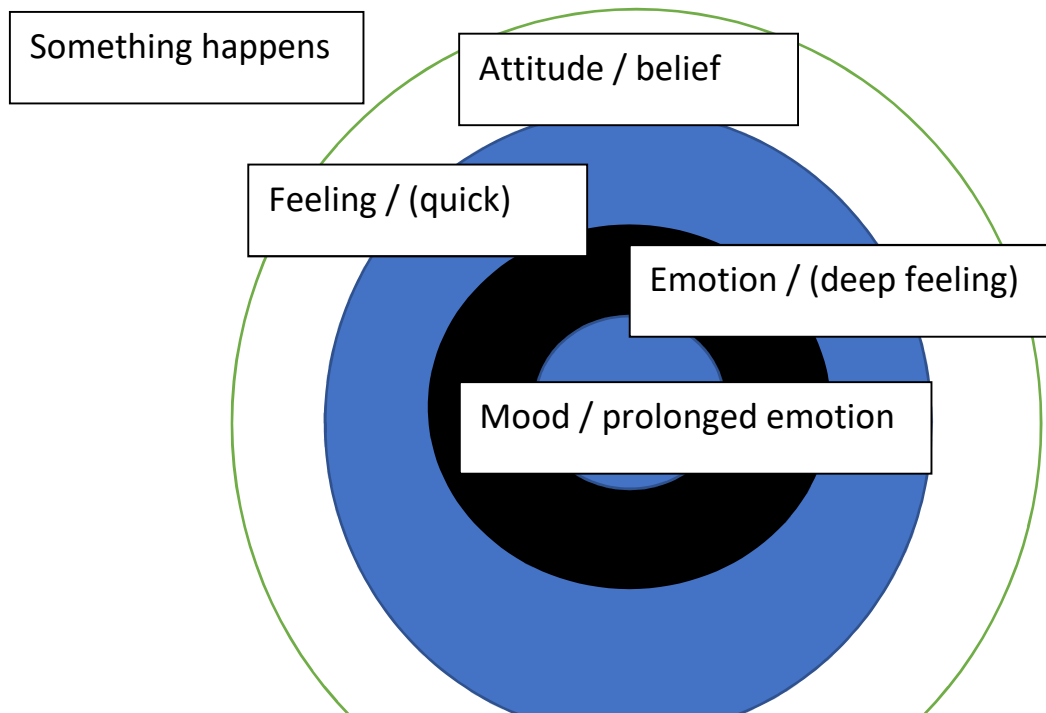


How Attitude Effects Emotions

1. Attitude is a belief about an action or person.
2. It is a settled way of thinking.
3. A viewpoint or perspective that is oriented in either positive or negative inclination.

When something happens, you draw a conclusion based on what you believe about someone or something. Usually from past experience.



Continuous Moods tend to create patterns of beliefs in our brains. Whether true or not, it is perceived true and engrained. The more we repeat these patterns, Our Emotions take on a mind of their own and are hard to control. In order to renew our mind, we must reverse this pattern and break it down from the most basic belief about our self, others and situations. (Reactive vs proactive). Repeated, prolonged bad moods can create emotional imbalance and possible mental illness. Mental illness can be a result of learned behaviors, but not always.

