

# My Total Behavior Choices

**Total Behavior Car**



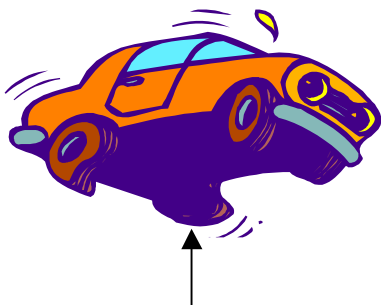
Acting  
Thinking  
Physiology  
Feeling

**What happens when we do not meet our basic needs?**



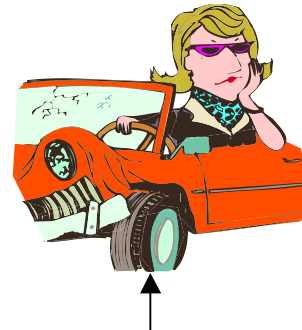
Acting  
Thinking  
Physiology  
Feeling

**What happens when we ride on one wheel, the feeling wheel?**



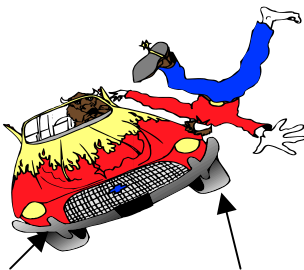
The "feeling" wheel

**What happens if all we do is think and don't act?**



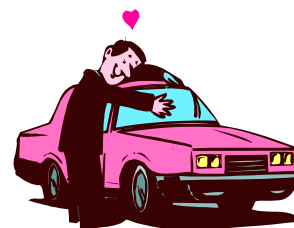
The "thinking" wheel

**What happens when someone else drives your car?**



Thinking  
Acting

**What happens when we choose behaviors that meet our needs?**



Love my car  
Love myself