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New Life Behavior – Course I

RESPONSE SHEET

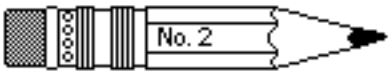
Unit 2 – Lesson 1

Your Name: _____ Date: _____

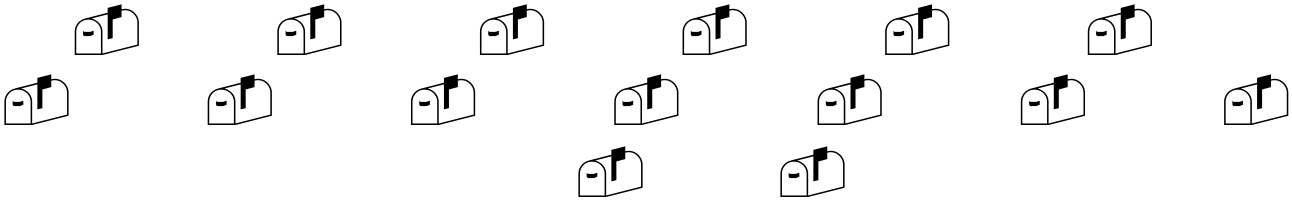
Your Address: _____ _____

Dear Student,

We have found that thoughtful *written* responses greatly enhance the student's understanding of this course material. Therefore, we urge you to use this Response Sheet as an aid in the study of this lesson. **When you are finished, please return this sheet to us in the enclosed envelope. Thanks!**



Use what you have!



BEFORE YOU START

Before you start this lesson*,** please write three or four sentences in the box below on this thought: "I am in my current personal position and condition because I did… or did not...." ***Then, please put this sheet out of sight until you finish the lesson.

AFTER YOUR STUDY

***Now that you have studied this lesson*,** please answer the following questions. (If you have trouble with any of the questions, please reread the lesson.)

1. The central theme of the New Life Behavior course is how a _____ can impact our behavior.
2. Part of the "good news" (the Gospel) is that we do not have to be a _____ of our childhood training. We can _____ how we behave.
3. The "4G's" that impact our behavior are _____ , _____ , _____ , and _____ .
4. The three main functions of a person's mind are _____ , _____ , and _____ .
5. We can inherit our _____ , _____ from our parents.
6. Our _____ can influence how we think and act.
7. Our priorities/values help us set our _____.
8. Each of us has _____ that we set for ourselves.
9. Our behavior can influence our feelings and our thinking, just as our feelings can influence how we think and act. (True or False _____)
10. We can learn to control our behavior by working on the way we _____ and _____ .

REFLECTION

Now that you have finished this lesson**,** please write a few sentences in the box below, that tell what new things you have learned about your present situation and condition, and how you can use these new ideas. ***Don't forget to mail in this Response Sheet!***