

**SIGNIFICANCE
BELONGING
SAFETY**

Human needs/Self efficacy

Notes:



TRUTHS
HUMANS CAN LEARN, CHANGE, AND GROW
 PEOPLE DO WHAT THEY THINK WORKS
ALL BEHAVIOR IS GOAL DIRECTED
 ATTITUDE IS A REACTION TO GOALS



As a result of this session in what 3 ways will you think or behave differently?

1.

2.

3.



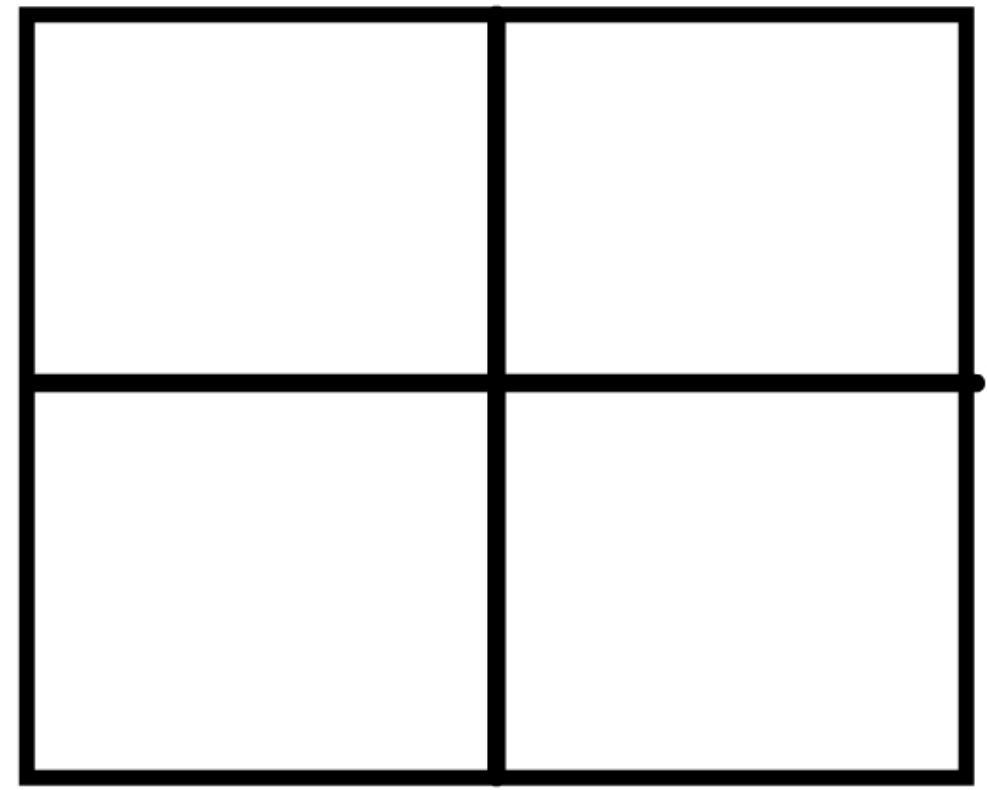
andre koen
 recycling minds andrekoen.com

HUMAN SOUL

BODY + SPIRIT

Authentic Relationships, Service to others, Self Appreciation

- Historical Trauma**
- Institutional Racism**
- Poverty**
- "Whiteness"**



Barriers to my HUMANITY

	African Americans	European Americans	Latino/a Americans	Asian Americans	Disabled Americans	Native Americans
Parents and Family						
Friends						
School and Workplace						
TV, Movies and Media						
Personal Experience						



Dignity and Honor in Being Human

**Bigotry
Prejudice
Discrimination**
**Significance
Belonging
Safety**

MEME:
The smallest form of thought the building blocks of culture, faith, belief and reality.

Thoughts
The concepts, images and conversations one has in ones mind.

Emotions
The attitude, disposition and mood that fuels behaviors.

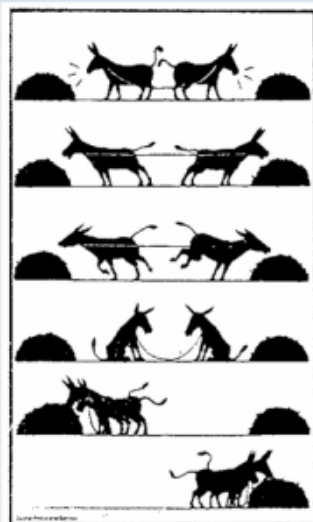
Action/Behavior
The external expression of thoughts and emotions directed towards a goal.

Thought _____
Emotion _____
Action _____

B P D

What is an attitude?

**NO, BUT
YES, BUT
YES, AND**



amhorizons.com

**Bigotry
Prejudice
Discrimination**

*Emotion
Thought
Behavior*



BODY + SPIRIT

What can you say or do to help heal the Soul?

What does an endangered Soul look like?

When should you attach yourself to that Soul?