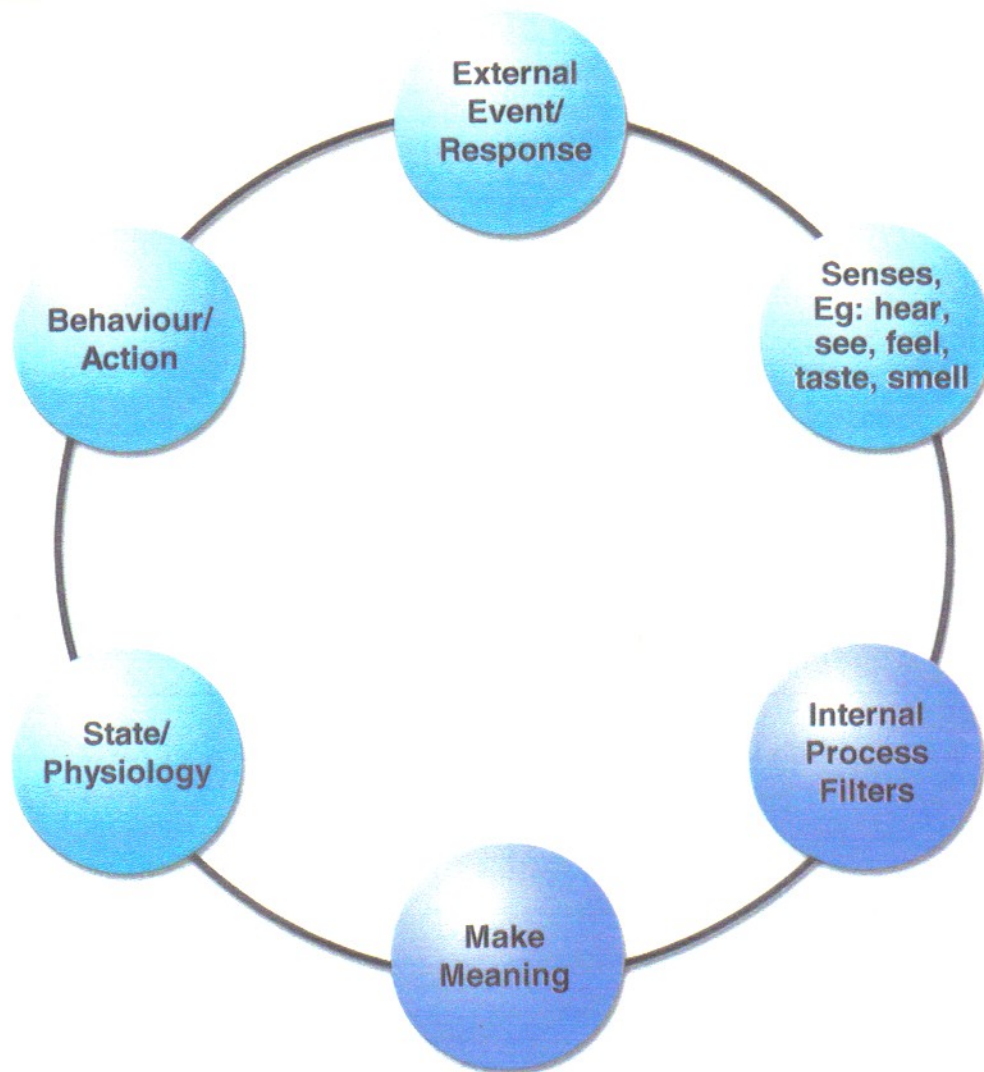


THE MAP OF EXPERIENCE



We experience an event in the external world through our senses. These feed through our internal processes which are based on past experiences, values, beliefs and attitudes. Having gone through this filtering system we make meaning of the event, which in turn causes a change in our state and physiology. This then determines our behaviour and actions which then affects how we experience future events.

We then continue to experience events in the same manner unless we make a choice to be aware of our internal processes which will enable us to respond differently to future events.