**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CHES# \_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_**
**(1) What has been valuable about reading where human behavior comes from? How has the connection between our emotions and
survival instincts been helpful to you?**

 ***Changing Behavior Book - Chapter One
 Evaluation Questions***

 **(2) How has this information assisted you in appreciating or better understanding any of your own behaviors or the behaviors of others you know?

(3) In what way does understanding how we develop our behaviors as forms of self-preservation and protection allow you to have a greater sense of compassion for some of the behaviors of others?**

 **(4) How has this information helped you understand your own behaviors and how they have developed in your life?

(5) What information or insights has led you to rethink your opinion of someone you may be at odds with?

(6) Did any of this information cause you to reflect on how we are all *doing our best,* given our conditioning or upbringing?

(7) In what way do you think this information may shift your awareness of your own behaviors?**