

Tips on Positive Behaviour Modification

A poem by Rolf Auer

for me, and for anybody else who might be able to use it

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Love is the most effective behaviour modifier.

The least effective, most destructive behaviour modifier is hate.

In order for love to be most effective,
hate must be completely eliminated.

Through:

- ❖ listening to relaxing music;
- ❖ eating a proper diet;
- ❖ getting enough exercise;
- ❖ trying meditation, for example:
 - Matthew 5:44 "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you:"
 - praying for love;
- ❖ taking up a peaceful hobby, such as:
 - painting, especially views of pristine environment;
 - photography, like those of flowers;
 - volunteerism, as in social justice;
 - gardening: tomato plants, etc.
 - learning a new language;
- ❖ reading more;
- ❖ emphasizing cooperation;
- ❖ going for outdoor walks on nice days
especially in a verdant park
- ❖ using manners, that is, open doors for women, etc.
- ❖ getting proper sleep;
- ❖ taking a relaxing holiday
preferably someplace scenic

Or even, falling in Love!