



# Becoming a Decider Video Script



Becoming a  
Decider

**Brain Talk** is the conversation that takes place between the key players of the brain to help us make decisions that lead to ultimate rewards.

Sometimes our brain can get stuck in a **NOW bubble loop**.

This can occur when a **Myg Moment** leads to a **fight, flight, or freeze reaction** to do what seems best to avoid the uncomfy thing **right now**.

It can also occur when a **Buster Bam** leads to a **grab-and-gulp reaction** to do what feels immediately rewarding **right now**.

When we react in a **NOW Bubble**, we just do; like with Mr. Mouse, **our limbic brain tells us to be a doer**.

Remember that NOW Bubble reactions to get an **immediate reward** sometimes keep us from getting better, **ultimate rewards** in the future.

Inviting **Ms. Hipp** and **The Professor** into our brain conversation helps us figure out what we know from the past, and what we want in the future, to **identify options for what we could do right now in order to get the ultimate reward**, even if that takes a while.

**Options let us become deciders instead of just doers.**

**The conversation between Myg, Buster, Ms. Hipp and the Professor is called Brain Talk.**