



# Brain Talk Vocabulary: Complex Definitions



Brain Talk

## Unit 1 Vocabulary

- **Thoughts**
  - **Automatic Thought:** Thought that influences one's emotional state and/or actions without conscious awareness. These thoughts do not involve activation of the **prefrontal cortex**.
  - **Problem Solving Thought:** Critical thinking one uses to solve a problem or answer a question. These thoughts typically involve activation of the **prefrontal cortex**.
- **Emotions**
  - **Gentle Emotion:** The minimal or subdued experience of an emotion, which is not likely to impact one's memory of the facts of an experience.
  - **Strong Emotion:** The intense experience of an emotion, which can lead one to feeling out of control. Strong emotions can sometimes override the facts of an experience, leaving an individual with a distorted memory of the experience.
- **Behaviors** (used interchangeably with actions)
  - **Reaction:** Decision and/or action made without prior consideration of various options, and their consequences. Reactions are the result of *moving faster than the speed of thought*.
  - **Response:** Decision and/or action made after various options, and their consequences, are considered. Responses require a moment of thoughtful reflection before acting.
- **Doer:** One who reacts moving faster than the speed of thought to accomplish the outcome that will feel most comfortable in the present moment without consideration for future consequences.
- **Decider:** One who pauses to think about his/her future goal and considers options, and their likely consequences, in order to choose the best action for achieving that goal.



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### Unit 2 Vocabulary

- **Seek:** The attempt or desire to obtain or achieve something.
- **Avoid:** The attempt or desire to stay away from or stop oneself from doing something.
- **Impulse:** Internal urge that, if followed, leads to action.

### Unit 3 Vocabulary

- **Amygdala:** An almond-shaped cluster of neurons located within the limbic system, which is activated by fearful stimuli and serves to keep the brain safe by identifying threats.
- **Myg:** Brain Talk's character to represent the **amygdala**.
- **Fight:** An **impulse** generated by the **amygdala** that urges an individual to confront a perceived threat.
- **Flight:** An **impulse** generated by the **amygdala** that urges an individual to retreat from a perceived threat.
- **Freeze:** An **impulse** generated by the **amygdala** that urges an individual to enter a state of inaction in response to a perceived threat.
- **Myg Moment:** The moment when an **external stimulus** or **internal experience** has created a fight, flight, or freeze impulse for an individual, causing activation of the **amygdala**.
- **Trigger:** Any form of **external stimulus** or **internal experience** that changes one's emotional state to generate a **Myg Moment** or **Buster Bam**.
- **External stimuli:** Situations, activities, people, and objects in one's world. These are considered external because they exist outside of an individual.
- **Internal Experiences:** One's thoughts and emotions. These are considered internal because they exist within the individual's mind.



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### Unit 4 Vocabulary

- **Pleasure-and-Reward Circuit:** A set of structures located within the limbic system, which is activated by potential opportunities for pleasure and rewards.
- **Buster:** Brain Talk's character to represent the pleasure-and-reward circuit.
- **Grab-and-Gulp:** An impulse generated by the **pleasure-and-reward circuit** that urges an individual to obtain or achieve something as quickly as possible.
- **Buster Bam:** The moment when an **external stimulus** or **internal experience** has created a **grab-and-gulp impulse** for an individual, causing activation of the **pleasure-and-reward circuit**.

### Unit 5 Vocabulary

- **Feeling Brain** (used interchangeably with limbic brain and emotional brain): The part of the brain that quickly processes incoming information and is responsible for generating emotional states.
- **Thinking Brain** (used interchangeably with thinking cap): The part of the brain, known as the cortex, that uses reason and judgment to engage in critical thinking.
- **Taming Tool:** Any tool or strategy that results in decreased reactivity of the limbic system.

### Unit 6 Vocabulary

- **Hippocampus:** The structure within the brain that is responsible for storing personal, episodic memories.
- **Ms. Hipp:** Brain Talk's character to represent the **hippocampus**.

(Unit 6 Vocabulary continued on next page)



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### Unit 6 Vocabulary (continued)

- **P.A.S.T. facts:** The people, actions, space(s), and time related to a specific experience.
- **P.A.S.T. Feeling(s):** The emotion(s) generated during a specific experience. **Strong emotions** may override the ability of the hippocampus to accurately encode the facts of an experience.
- **P.A.S.T. Pattern(s):** A pattern of similar people, actions, spaces, and/or times that are found to generate an emotional trigger in the brain.

### Unit 7 Vocabulary

- **Prefrontal Cortex:** The most specialized component of the **thinking brain**, as it is the primary region for managing critical thinking and executive functioning capacities.
- **The Professor:** Brain Talk's character to represent the **prefrontal cortex**.
- **Ultimate Reward** (used interchangeably with goal): The long-term benefit of an action that may not be immediately apparent or experienced, but that aligns with one's long-term goals.
- **Immediate Reward:** The instantaneous benefit of an action that may or may not align with one's long-term goals.
- **NOW Bubble:** One's experience of the present moment that does not take into consideration past experiences or future goals and consequences.
- **Options:** Possible actions one can take in response to a stimulus.

### Unit 8 Vocabulary

- **Mental Time Travel:** The act of using foresight and hindsight to make a plan for present action.
- **Brain Talk:** The conversation that occurs between the **feeling brain** and the **thinking brain** to allow an individual to inhibit **impulses** in order to obtain an **ultimate reward**.