



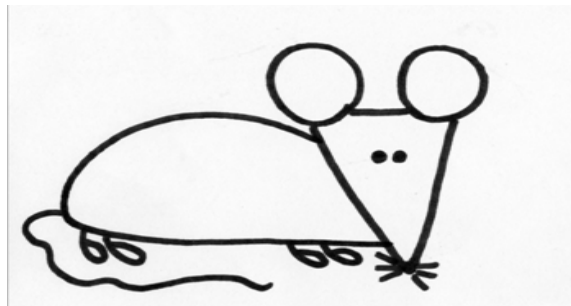
# Brain Talk Vocabulary: Definitions



Brain Talk

## Unit 1 Vocabulary

- **Thoughts**
  - **Automatic Thought:** A thought that happens so quickly you might not notice it.
  - **Problem Solving Thought:** A thought that solves a problem or answers a question.
- **Emotions**
  - **Gentle Emotion:** Little feeling that you might not notice.
  - **Strong Emotion:** Big feeling that you cannot ignore.
- **Behaviors** (used interchangeably with actions)
  - **Reaction:** Action that happens without thinking.
  - **Response:** Action you choose to do after thinking about it.
- **Doer:** Someone who acts without thinking.
- **Decider:** Someone who thinks before acting.



## Unit 2 Vocabulary

- **Seek:** Trying to get something that seems awesome.
- **Avoid:** Trying to stay away from something that seems dangerous or uncomfortable.
- **Impulse:** Action message from your brain to seek or avoid something.



# Brain Talk Vocabulary:

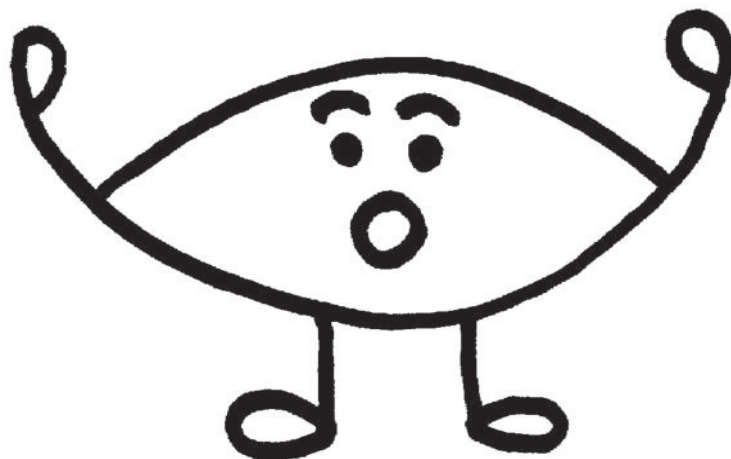
## Definitions pg. 2



Brain Talk

### Unit 3 Vocabulary

- **Amygdala:** The brain's alarm system that keeps a lookout for things that might be dangerous or uncomfortable.
- **Myg:** Brain Talk's character that keeps a lookout for dangerous and uncomfortable things.
- **Fight:** An **impulse** that tells the brain to attack in order to avoid an uncomfortable thing.
- **Flight:** An **impulse** that tells the brain to run away in order to avoid an uncomfortable thing.
- **Freeze:** An **impulse** that tells the brain to stop everything and hold very still with the hope that an uncomfortable thing will just go away.
- **Myg Moment:** The moment when **Myg** tells the rest of the brain about something it thinks is dangerous or uncomfortable.
- **Trigger:** Anything that makes the brain want to **seek** or **avoid** something.





# Brain Talk Vocabulary:

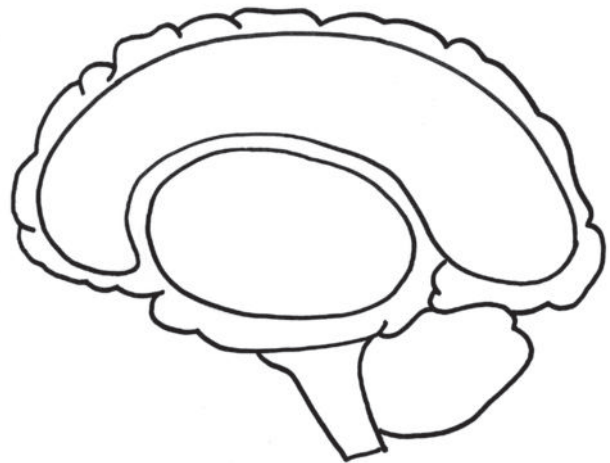
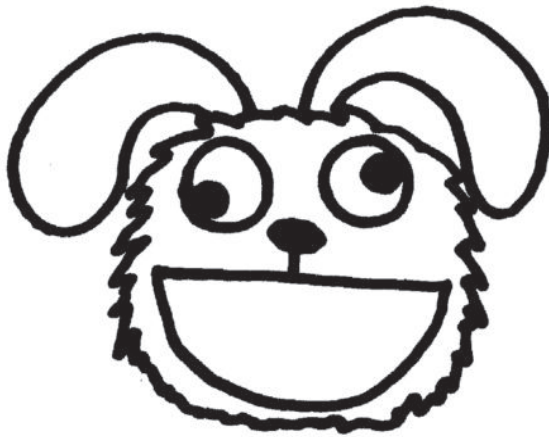
## Definitions pg. 3



Brain Talk

### Unit 4 Vocabulary

- **Pleasure-and-Reward Circuit:** The part of the brain that keeps a lookout for things that seem awesome.
- **Buster:** Brain Talk's character that keeps a lookout for things that seem awesome.
- **Grab-and-Gulp:** An impulse that tells the brain to try to get something as quickly as possible.
- **Buster Bam:** The moment when **Buster** tells the rest of the brain about something that seems awesome.



### Unit 5 Vocabulary

- **Feeling Brain** (used interchangeably with limbic brain and emotional brain): The part of the brain where **Myg** and **Buster** live.
- **Thinking Brain** (used interchangeably with thinking cap): The part of the brain that humans have for solving problems.
- **Taming Tool:** Any activity that helps **Myg** and **Buster** feel calmer.



# Brain Talk Vocabulary:

## Definitions pg. 4



Brain Talk

### Unit 6 Vocabulary

- **Hippocampus:** The brain's library where personal memories are stored.
- **Ms. Hipp:** Brain Talk's character that records personal memories.
- **P.A.S.T. facts:** The people, actions, space(s), and time from a personal memory.
- **P.A.S.T. Feeling(s):** The feeling(s) from a personal memory.
- **P.A.S.T. Pattern(s):** Certain people, actions, spaces, or times that repeatedly create a **Myg Moment** or **Buster Bam**.



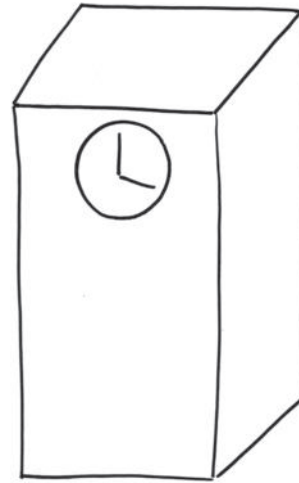
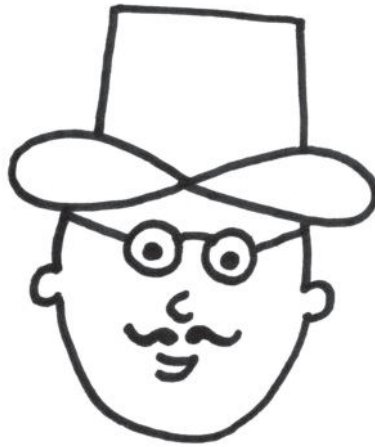


# Brain Talk Vocabulary:

## Definitions pg. 5



Brain Talk



### Unit 7 Vocabulary

- **Prefrontal Cortex:** The part of the **thinking brain** that solves the hardest problems and helps with learning.
- **The Professor:** Brain Talk's character that makes plans to solve problems and get rewards.
- **Ultimate Reward** (used interchangeably with goal): A bigger, better reward that is available in the future.
- **Immediate Reward:** A reward that is available right now.
- **NOW Bubble:** Thinking about right now without thinking about what you have learned from the past or what you want in the future.
- **Options:** Possible actions to respond to what is happening right now..

### Unit 8 Vocabulary

- **Mental Time Travel:** Thinking about what you want in the future and what you have learned in the past to make a plan for right now.
- **Brain Talk:** The conversation between **Myg, Buster, Ms. Hipp,** and **The Professor** that lets them work together to decide how to respond.