

ALPHABETICAL BRAIN™ VOCABULARY

LIST OF 15 BRAIN IDEA QUESTIONS

1-What memory circuit gives you the power to remember old memories and save new ideas and perceptions in your long-term memory system? _____

2-What biological circuit in your limbic system causes your feelings of happiness when neurotransmitters, including dopamine, are stimulated? _____

3-What part of your brain has eight organs and releases neurotransmitters to control hormones that influence all of your feelings? _____

4- What is the source of your sense of self with its conscious executive control function that evolved to manage the hormones and neurotransmitters activated by your limbic system? _____

5- What is the thin, wrinkled, and folded outer layer covering your cerebrum that contains billions of neuron cell bodies known as gray matter? _____

6-What is the adaptive process of your brain's connectome that is a cause of your ability to think, feel, create new habits, and learn new ideas? _____

7-What is the 3-dimensional cellular communication network that connects your brain and spinal cord and is a cause of your free will? _____

8-What are the trillions of tiny biochemical junctions that connect and switch on or off your billions of neurons? _____

9-What is the way neurons connect so you can think of ideas, feel emotions, control your muscles, and memorize anything you choose? _____

10-What are the brain cells known as white matter that surround the axon filaments in your billions of neurons to protect and nourish them? _____

11-What is the source of the action potential spikes that flow through neurons to activate your muscles, organs, glands, and senses? _____

12-What are the thin filaments inside your 100 billion neurons that conduct biochemical currents of ions to activate your body? _____

13-What are the thousands of extensions that branch out from the cell body in most of your neurons to attach to other neurons? _____

14-What are the cells in your brain and nervous system that send biochemical currents from their cell bodies to their end terminals? _____

15- What is the biological source of your ability to activate your brain so you can be aware of your self, choose goals, and solve problems? _____