
Behave Summary PDF Cheatsheet — GrowthSummary.com

- ? 1. **The Triune Brain Model:** Your brain consists of three layers responsible for instinct, emotion, and reasoning
- ? 2. **The Amygdala:** Your amygdala is where your brain regulates fear responses, anxiety, and aggression
- ? 3. **The Frontal Cortex:** The frontal cortex manages decision-making and impulse control
- ? 4. **Neurons and Brain Development:** Adolescent brains are still developing, leading to impulsive behavior
- ? 5. **Dopamine:** Dopamine drives motivation, reward, and pleasure-seeking behavior
- ? 6. **Hormones:** How hormones like testosterone, oxytocin, and cortisol influence our behavior
- ? 7. **Childhood:** How early experiences from our parents and environment shape brain development and behavior
- ? 8. **Epigenetics:** Environmental factors can alter our gene expression
- ? 9. **Evolution:** Both animal genes and social behaviors evolved through natural selection and sexual selection
- ?? 10. **Us vs. Them:** Brain mechanisms drive in-group cohesion and intergroup conflict

This is just a sample!

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