**Intrapersonal Quiz 2: Study Guide**

racing thoughts calming down rapid breathing

cortex adrenaline amygdala

heart racing shaking not focusing

* When sensory input is sorted by the thalamus, the emotional input is sent directly to the automatic part of the brain called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This part of the brain is the feelings alarm and it is set to go off instantly. It sends a stress hormone called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rushing through the body. This causes your body to begin feeling out of control. Some physical signs are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Some mental signs are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Then a message is sent to the thinking center of the brain called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This allows the body to begin thinking clearly and\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This thinking center allows the body to begin using the calm down steps and strategies.
* Be able to list the calm down steps in order and use them in given scenarios.

1. Stop
2. Name Your Feeling
3. Calm Down

* What is your stop signal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Why is it important to be able to name (recognize) your feelings? *It is important to recognize your feelings because different calm down strategies will work better for you when feeling certain emotions.*
* Name 5 calm down strategies that you can use in various situations.
* Change your Mindset: Use Positive Self-Talk
  + INSTEAD OF **“I can’t do this”** think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + INSTEAD OF **“S/He is better than me at \_\_\_\_\_\_”** think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + INSTEAD OF **“This is too hard”** think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + INSTEAD OF **“I am going to get him/her back”** think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + INSTEAD OF **“His/Her words really hurt me”** think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_