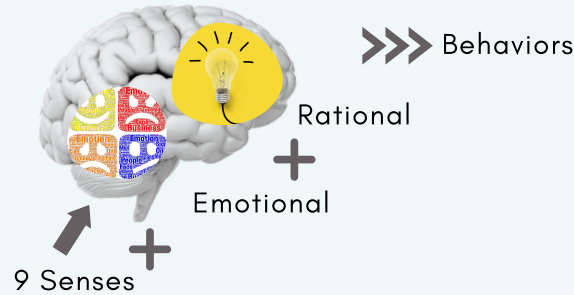


# The ART of Resilience: The Neuroscience of Human Behavior Reflection Activity Worksheet



How we behave is a reflection of our internal state.



9 Senses:  
5 external and 4 internal

- Vision (sight)
- Audition (hearing)
- Olfaction (smell)
- Gustation (taste)
- Tactician (touch)

- 9 Senses
- Safe/secure?
  - Food/water/shelter?
  - Rest/sleep adequately?
  - Trust my senses?

You are the only one that experiences inputs the way you do!

- Interoception (internal sensations)**
- Enteric nervous system (neural system-gut)
  - Equilibrioception (vestibular)
  - Proprioception (kinesthetic)

- Interoception**
- |                    |                         |
|--------------------|-------------------------|
| Pain or discomfort | Thirst                  |
| Temperature        | Hunger and satiety      |
| Breathing          | Rested or tired         |
| Heart rate         | Physical movement needs |
| Bathroom needs     |                         |

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## Reflection Activity

Think of a situation in which your stress response is Mal-Adaptive. Write it down here.

What external senses may be contributing to that response?

What internal sensations (interoception) may be contributing to that response?