



Studying the brain and nervous system can help participants understanding how emotional responses result in unintended actions (for example, saying or doing something impulsively or unintentionally).

References for further understanding of the brain and nervous system:

Daniel Seigel's hand model of the brain -

<https://www.youtube.com/watch?v=qm9CIJ74Oxw&t=30s>

School House Rock - The Nervous System - [https://www.youtube.com/watch?v=ivk_ irrH1WY](https://www.youtube.com/watch?v=ivk_irrH1WY)

Reward pathway in the brain | Processing the Environment | MCAT | Khan Academy

<https://www.youtube.com/watch?v=YzCYuKX6zp8>

Emotions: limbic system | Processing the Environment | MCAT | Khan Academy -

<https://www.youtube.com/watch?v=GDIDirzOSI8>