

Thinking Feeling Behaving Shapes Brain Anatomy

All right, let me put it in writing. So, you guys can memorize it or think about it at least. So, thinking, feeling, and behaving are produced by brain anatomy and chemistry. However, thinking, feeling, and behaving shape the development of brain anatomy. So, what I feel, what I think, and how I behave basically produces brain anatomy. Maybe I'm going to grow more dendrites on this particular neuron. Maybe I'm going to make this two-lane road a four-lane highway in my brain. So, in other words if dopamine is dumped in my system and I feel good for it, I'm likely to continue that behavior. But if I continue that behavior, it's going to ultimately alter the structure physical structure in my brain. That make sense? So, the brain is feeding your behavior, your thinking, and your feeling, but at the same time, how you feel, think, and behave alters the structure of your brain.