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## Module 14, Lesson 2 Quiz: The Key to Lifelong Changes

1. The 3 Brains include all of the following except for the:
  - a. Limbic system
  - b. Cerebrum**
  - c. Cortex
  - d. Brain stem
  
2. The cortex is responsible for:
  - a. Your heart rate, breathing, blood sugar - anything to do with keeping you alive
  - b. Justifying our choices and behaviors and making meaning out of our feelings and experiences**
  - c. Using emotions to promote a sense of safety and well-being
  - d. Recording the neural system and categorizing it in terms of risk vs. safety
  
3. True or False. According to the critter brain, if you've survived an experience once, that experience isn't worth repeating because you didn't die the first time.
  - a. True
  - b. False**
  
4. In Reaction #1, the Limbic System does what?
  - a. Creates feelings of anger
  - b. Loads up fear**
  - c. Rationalizes
  - d. Loads up nervousness & anxiety
  
5. The main driver of the Brain Stem is:
  - a. Love
  - b. Learning
  - c. Fear**
  - d. Transformation