

Conscious Discipline

B E G N I V L O S M E L B O R P Y
R F F J H Q I S Z M R A T S B C T
K I B Q O J M Q R D V N H W E Y N
T G V I P I B P U F M M F T K C A
P H T R L I I Z G E T T O U C H C
X T V E R S C S T D N N S H U E O
Q O K T E W W S B D Z J A J X R B
R R Y Y F C N B T R D E Z C A L Q
K F C M L I N T I L U F P L E H O
S L G I A I S A B S E C I O H C I
T I N R G U M L D S I N G V D Z L
T G B X R I Y A M I L A L K C O U
Q H I T R K U X F H U N P O Y D F
S T S A F E Z Z M B V G E E V R T
B R E A T H M Q R Z O F B B I E R
P R E F R O N T A L L O B E S G U
P C B U S E Y O U R W O R D S O H

prefrontallobes
brainstem
hurtful
smile
love
can

problemsolving
guidance
breath
touch
safe

fightorflight
choices
family
trust
sing

useyourwords
helpful
limbic
cant
star