



LIFE JOURNAL

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<https://www.facebook.com/brainarchitecturegame>

YOUR GENETIC LOTTERY

(circle one)



OF STRAWS (SOCIAL SUPPORT) YOU RECEIVED:



YEARS

EXPERIENCE TYPES

POSITIVE TOLERABLE TOXIC SOCIAL SUPPORT?

EXAMPLE: Inherited Disease (toxic stress; use social support straw if available)

EXAMPLE: Suffer from Childhood Illness (tolerable stress results in toxic stress if majority of prior events are toxic)

Year	Event	POSITIVE	TOLERABLE	TOXIC	SOCIAL SUPPORT?
1	1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
BUILDING RULES CHANGE (check directions)					
6	1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

DID YOUR STRUCTURE COLLAPSE?

YES NO

TOTAL