

POSITIVE NEUROPLASTICITY

for Your Family

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WHAT IS POSITIVE NEUROPLASTICITY?

The science of positive neuroplasticity shows that every person has the power to change their brain for the better. This is the process of **growing specific inner strengths** for greater resilience and well-being by deliberately internalizing experiences of these strengths in ways that produce lasting changes of neural structure and function. For a summary of research on positive neuroplasticity, see the scientific paper: [Learning to Learn from Positive Experiences](#).

HOW DO WE DO THIS?

Changing your brain for the better can be summed up in a simple phrase: **Taking in the Good**. Every day is full of opportunities to notice beneficial experiences you're already having or to create some by turning good facts into good experiences, **and then take these into your brain and being**. It is a daily practice that involves activating a mental state, then installing it in your brain. This works because "neurons that fire together, wire together": mental activity can change neural structure.

The practice has four main benefits:

1. It builds specific resources inside you, including the key inner strengths that are matched to your external challenges or internal issues;
2. It brings the general benefits of being active rather than passive, and treating yourself like you matter;
3. It sensitizes your brain to the positive, making it like Velcro for good; and
4. It creates positive cycles: when your own cup runneth over, you have more to offer others, which creates more beneficial experiences for you and thus more opportunities to grow your inner resources.

THE HEAL PRACTICE

This simple acronym is a four-step powerful tool for training your brain to take in the good.

1. **HAVE** a beneficial experience.
2. **ENRICH** it.
3. **ABSORB** it.
(optional)
4. **LINK** it to painful or empty places inside to soothe and even replace that negative material.