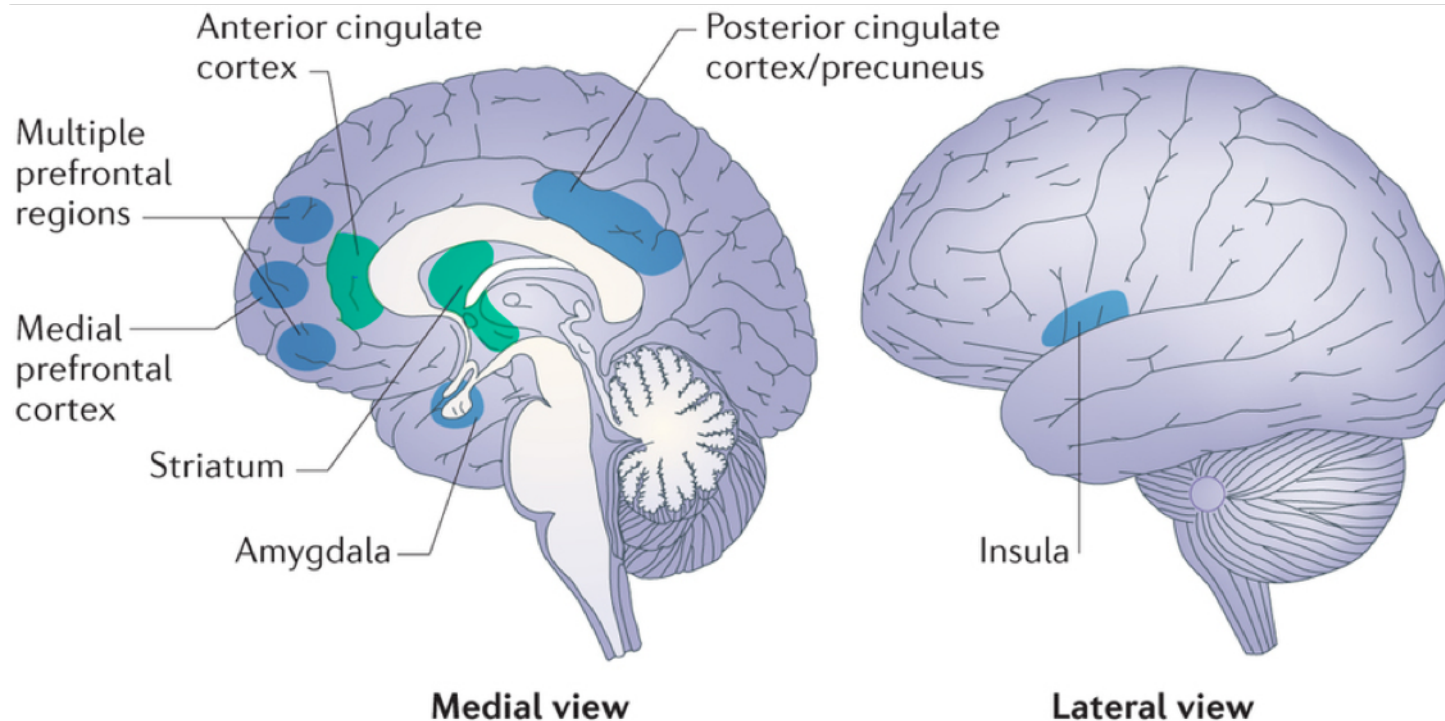


1. Attention control

2.

3.



- ↑ Anterior cingulate cortex
- attention
- error detection
- monitoring of conflicting streams of information

Tang et al. 2015

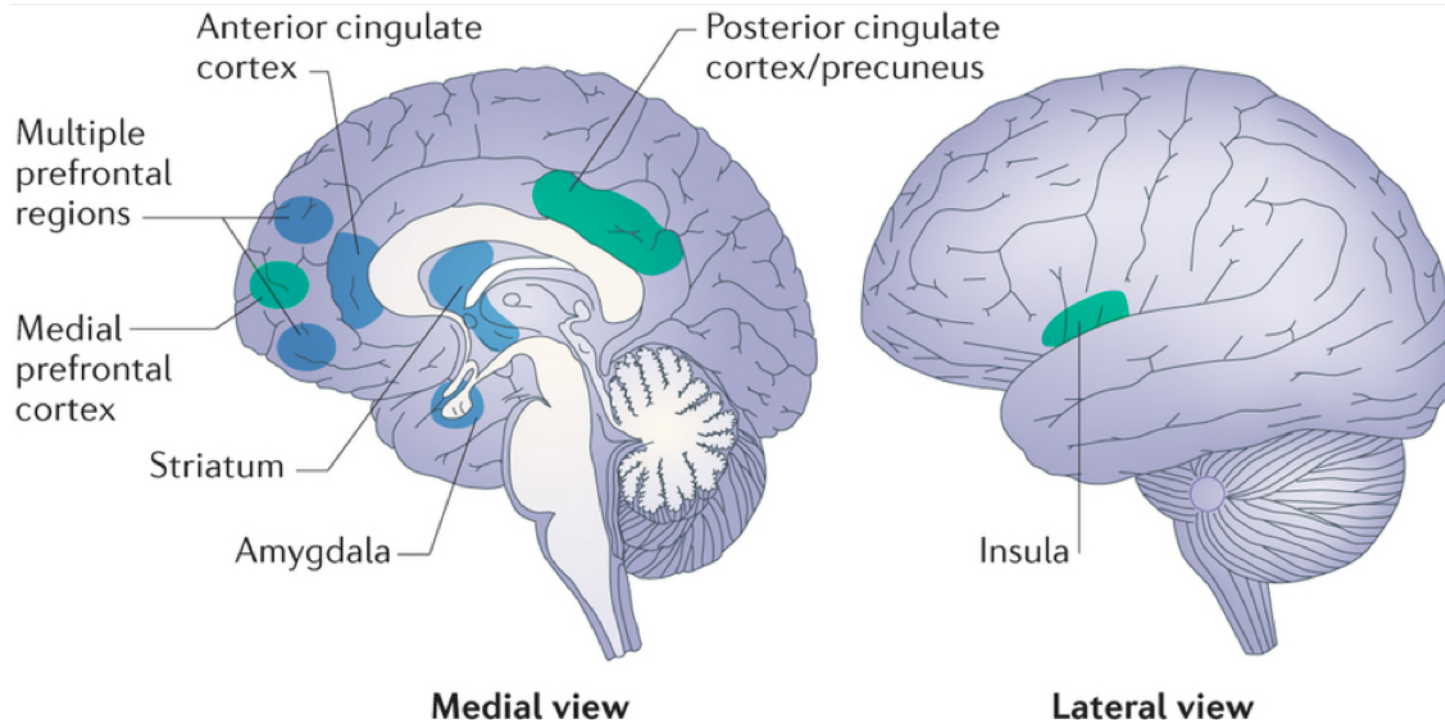
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1.

2. Self-awareness

3.



↓ Default mode network

1. *thinking about past/future*
2. *thinking about others*
3. *neurological basis of self*

↑ Insula

– *interoception (sense of the internal state of the body)*

Tang et al. 2015

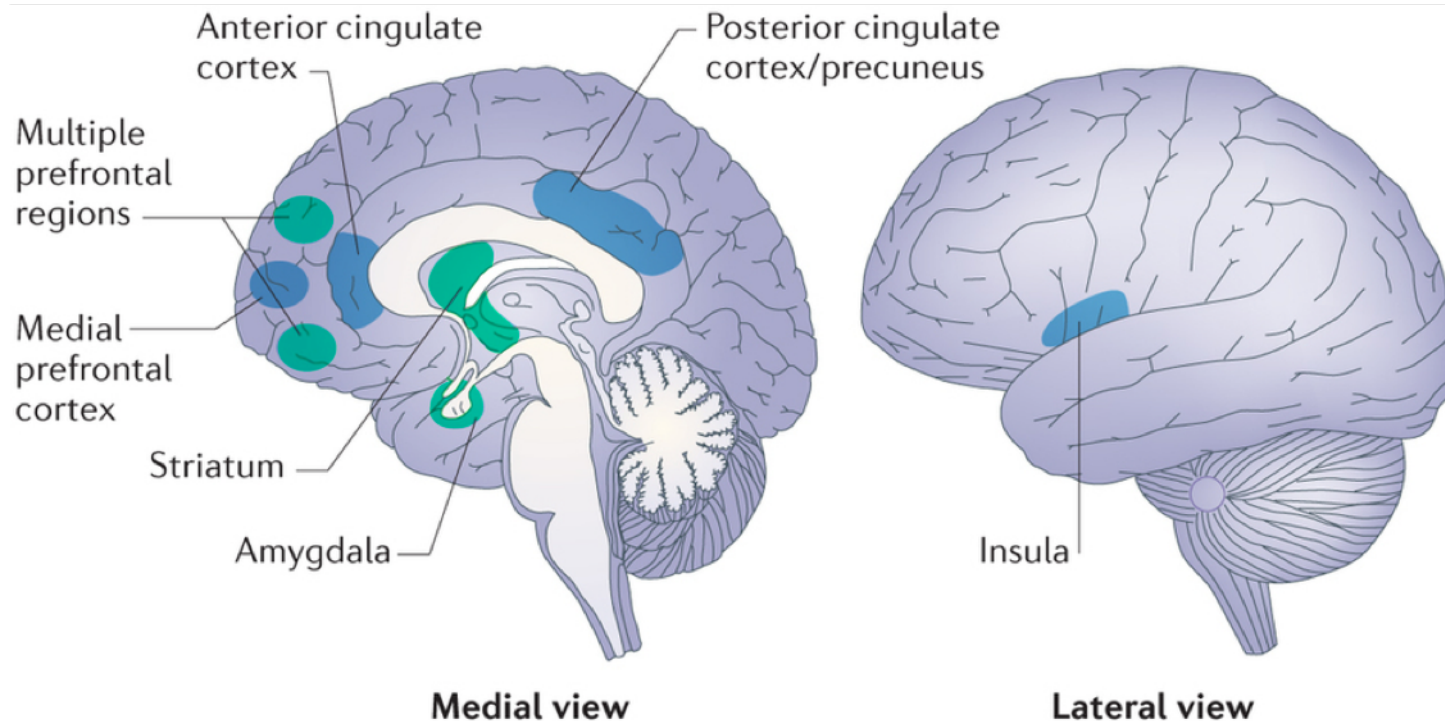
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1.

2.

3. Emotion regulation



↓ Amygdala

– *emotional reactivity (fear, anxiety, aggression)*

↑ Prefrontal cortex

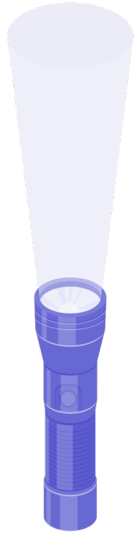
– *orchestration of thoughts and actions in accordance with internal goals/values*

Tang et al. 2015

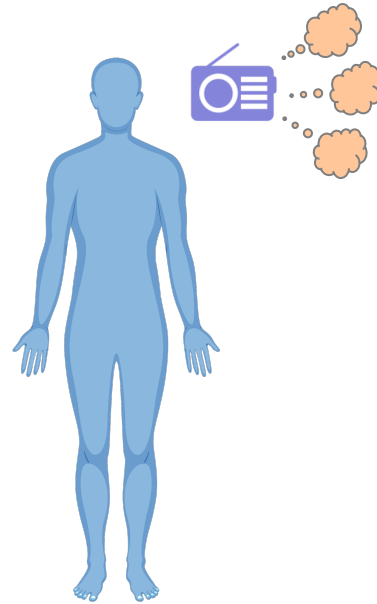
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1. Attention control



2. Self-awareness



3. Emotion regulation



Self-regulation

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