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| **Introduction: Conditioning/Habits** | **Close Window** |

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|  | | | **Stress Event** | |  | | |
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|  |  | **Brain Recognizes Stress Event As Either Negative or Positive** | | | |  |  |
|  |  |  | | | |  |  |
| **Negative Stress Reaction** | | **Positive Stress Reaction** | |
|  |  |  |  |
| **Negative Conditioning** | | **Positive Conditioning** | |
|  |  |  |  |
| **Negative Stress Response** | | **Limited Stress Reinforced Response** | |
|  |  |  |  |
| **Habitual Stress Reactions** | | **No Stress Reactions** | |
|  |  |  |  |
| **Disease** | | **No Disease** | |

**Process of stress-induced conditioning & habit formation**

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| [**Conclusion**](http://docs.google.com/conclusion.html) **|** [**Recommendations**](http://docs.google.com/recommendations.html) **|** [**Bibliography**](http://docs.google.com/bibliography.html) **|** [**Links/Other**](http://docs.google.com/linksother.html) |