

Life Nodes: Part 1.

2. Biological Factors

Genetics

1. Do you have any specific gene variations (e.g., COMT gene affecting cognitive function)?
2. Have you experienced any epigenetic modifications due to environmental factors?
3. What hereditary traits do you have (e.g., physical features, predispositions to certain abilities)?

Neurological Development

1. How have synaptic pruning and myelination processes affected you?
2. How has the development of specific brain regions (e.g., prefrontal cortex maturation in adolescence) impacted you?
3. Describe your experiences with neuroplasticity throughout your lifespan.

Physical Health

1. How did prenatal and early childhood nutrition impact your development?
2. What are the effects of your sleep patterns on cognitive function and emotional regulation?
3. How does physical activity influence your brain health and mood?

3. Family and Relationships

1. Describe your relationship with your parents.
2. Describe your relationship with your siblings.
3. Describe your relationship with your spouse/partner.
4. Describe your relationship with your children.
5. Describe your relationship with your extended family (Grandparents, Aunts, Uncles, Cousins).
6. Describe your relationship with your friends.
7. Describe any significant relationships you have had.
8. How would you describe your family dynamics?
9. What attachment styles did you develop in early childhood?
10. What was the impact of divorce or family restructuring on you?
11. How has intergenerational trauma affected you?