What causes neuroplasticity?

Neuroplasticity · https://www.re-origin.com/support/what-causes-neuroplasticity

Neuroplasticity is caused by experience, attention, and repeated activity.

The brain changes when you:

- Learn something new
- Repeat a thought, behaviour, or skill
- Focus your attention on a specific experience
- Experience strong emotions (positive or negative)
- Adapt to new environments or challenges

Each time you think, feel, or act in a certain way, the brain strengthens the neural pathways involved. Over time, these repeated patterns reshape how the brain functions.

In simple terms, neuroplasticity is driven by what you consistently do and focus on.

Self-directed Neuroplasticity explained

Self-directed Neuroplasticity explained re-origin

Embedded media: https://www.youtube.com/embed/llJ6jEw80KY?feature=oembed

What is the main driver of neuroplasticity?

Repetition combined with focused attention is one of the strongest drivers of neuroplasticity. The brain strengthens the pathways it uses most often.

Do negative experiences cause neuroplasticity too?

Yes. The brain adapts to both positive and negative experiences. This is why repeated stress or negative thinking can also strengthen certain neural patterns.