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# The Behavioral Approach System & The Behavioral Inhibition System

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## The BAS

- It activates approach behaviors in response to cues for reward or non-punishment. It may be linked neurophysiologically with the motor programming system.
- The neurotransmitter called dopamine is said to play an essential moderating role in the functioning of the BAS
- The cluster of approach traits of extraversion such as, impulsivity, novelty searching and positive affectivity have all been discussed in terms of the BAS, which is often referred to as the *engine* of behavior.

## The BIS

- The BIS is the braking system to the engine of the BAS.
- It activates inhibitory behaviors in response to signals of punishment, non-reward, novel stimuli, and innate fear stimuli.
- The BIS is effected the neurotransmitter called serotonin.

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## Reference

Acton, G. S. (1997?) [Some people are the same: The study of individual differences and similarities.](#)

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[Back](#) to Eysenck's *Taxonomic paradigm*  
[Back](#) to Gray's *Critique of Eysenck's theory of personality*  
[Back](#) to the PEN model home page  
[Back](#) to Maren's and Eileen's Personality Web Site  
[Back](#) to Great Ideas in Personality Home page