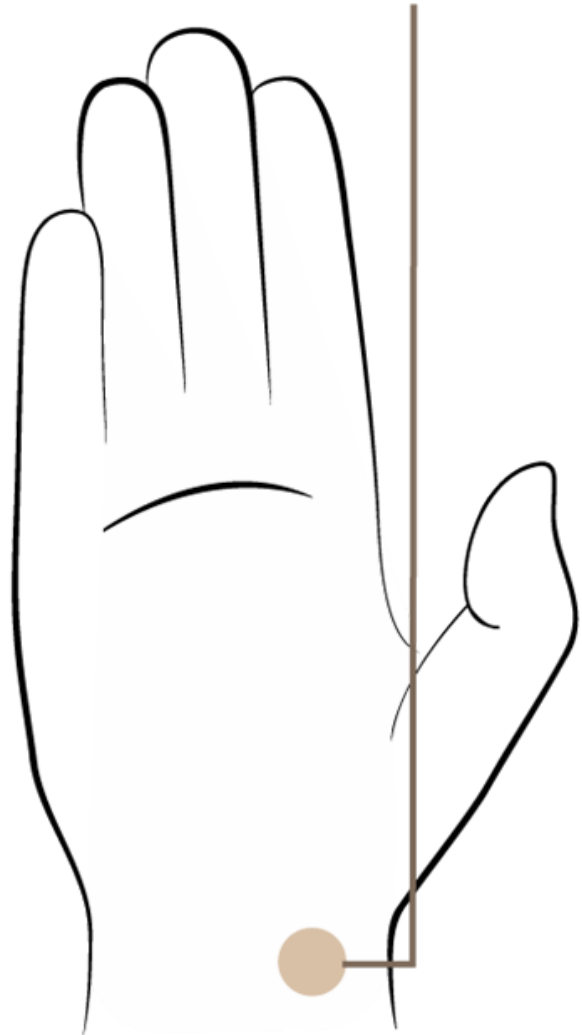


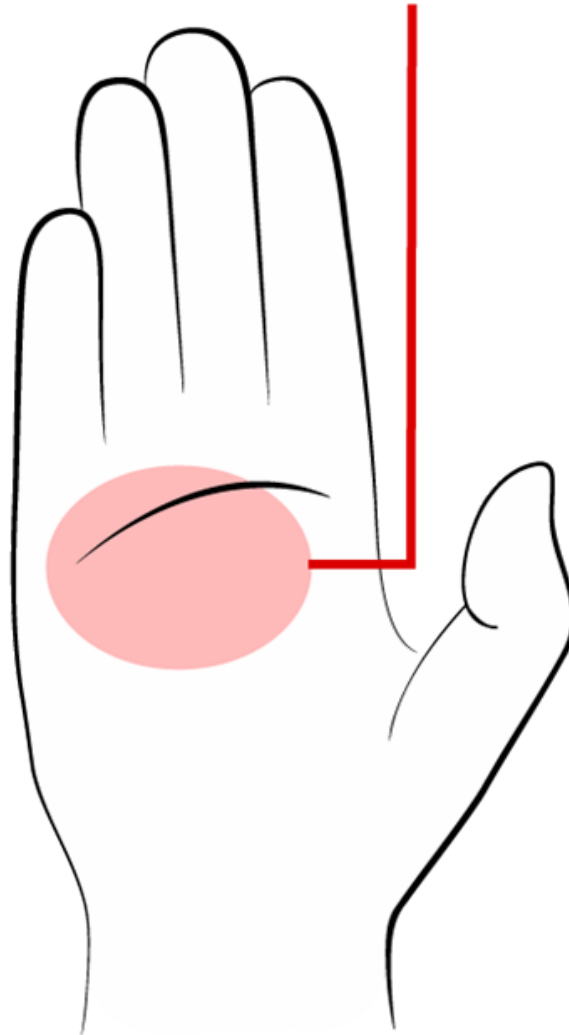
Survival Brain
(Fight, Flight, Freeze)



Survival Brain

- Sensation
- Autonomic functions
- Survival strategies: fight, flight, freeze, submit, collapse

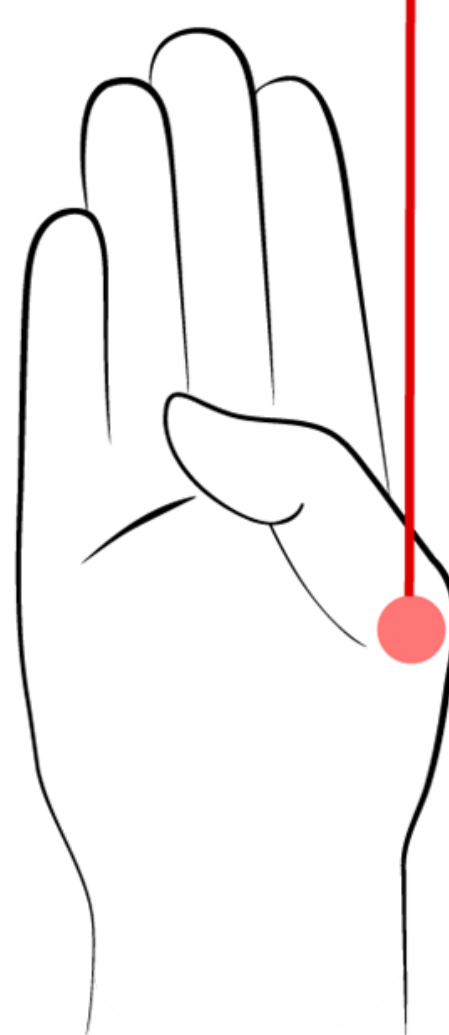
Emotional Brain
(Limbic System)



Emotional Brain

- Expression/regulation of feeling
- Memories, relationships/attachment

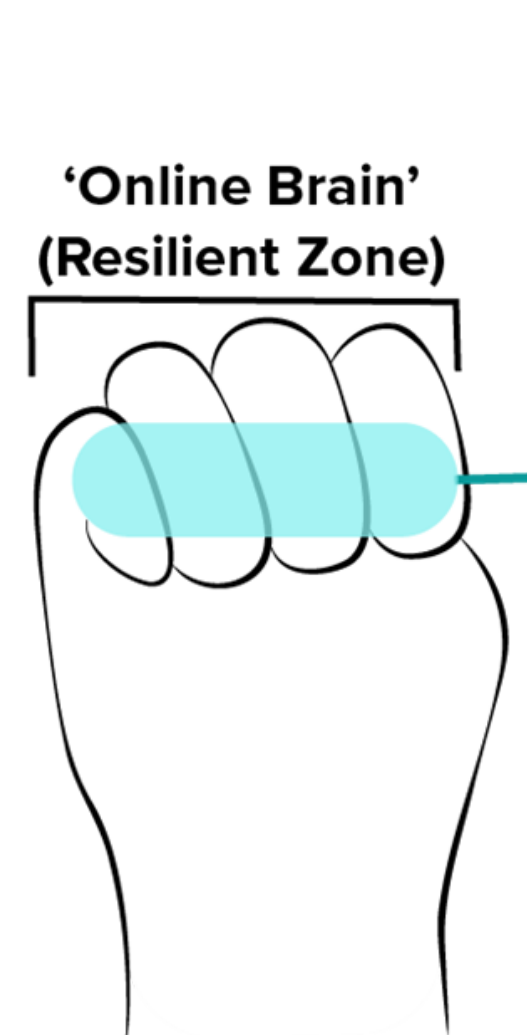
Smoke Detector
(Amygdala)



Amygdala

- Smoke alarm

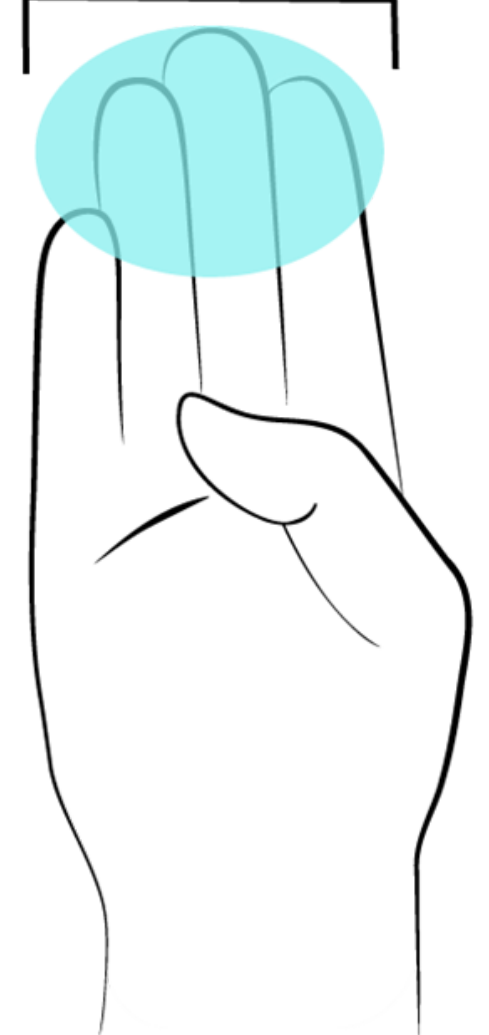
Thinking Brain
(Cortex)



Thinking Brain

- Critical thinking
- Problem solving
- Planning
- Creativity
- Beliefs
- Impulse control

Offline Brain
(Flipped Lid)



Offline Brain

- (Survival brain in control)*
- Not able to access the thinking brain