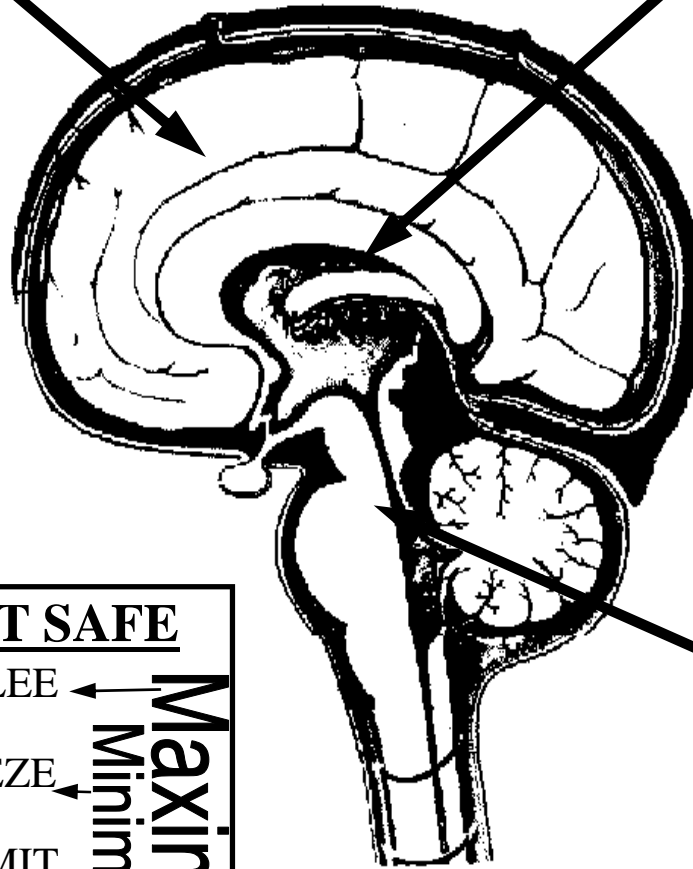


# SAFETY



## PRIMATE BRAIN FORE-BRAIN CORTEX

Like a computer. Stores data: thoughts, memories, beliefs, smells, pictures, sounds, etc.

Has unconscious capacity = "forgotten" memories.

NEEDS TO SLEEP

SEAT OF AWARENESS

## MAMMALIAN BRAIN MID-BRAIN

Regulator controlling hunger, thirst, sleep, alertness.

Contains emotional control: grief, pleasure.

SEAT OF CONNECTEDNESS.

## REPTILIAN BRAIN HIND-BRAIN

Control of all automatic functions: breathing, heart rate, etc.

Prime Function: SURVIVAL. Asks question: Is it SAFE? Thinks of LIFE or DEATH.

Directs safety functions. Very quick. Controls adrenal feelings of fear and anger.

Awake 24 hrs. continuously.

Poor eyesighted, Kind of blind. Cannot tell the difference between the "real" world and the "imagined." Responds to images, senses, repetition.

Needs no relationship. Paradoxically may drive partner away.

Has access to "forgotten" and traumatic memories.

No sense of time. Lives in the NOW. Past events merge with today's. Will not let you forget the "Past".

### SAFE

PLAY

MATE

NURTURE

CREATE/WORK

### NOT SAFE

FLEE

FREEZE

SUBMIT

FIGHT

Maximize  
↑  
Minimize  
↓

*The Lizard*

Connecting,  
Intentional

Disconnecting,  
Reactive

