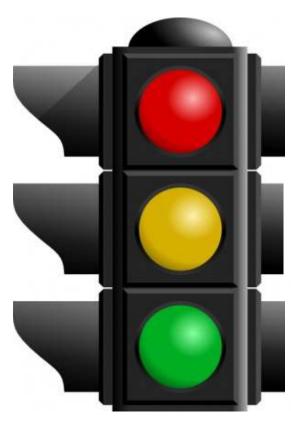
The Triune Brain



Red

Reptilian Brain
Amygdala
Instincts live here
Keeping us safe (Fight, Flight, Freeze, Fix, Hide/Ignore)

Yellow/Amber

Emotional Brain Limbic System Emotions live here Making us aware (like gauges on a dashboard)

Green

Intellectual Brain
Prefrontal Cortex or Neocortex
Reasoning lives here
Allowing us to use higher thought (curiosity, creativity, etc.)

The Seconds Count in Brain Matters!

- When you need to reframe: 6 seconds are needed to get blood to flow to your intellectual brain (Stop, Take a breath, Observe, Proceed)
- When you want to stop procrastinating: 5 seconds to get going before you start reasoning yourself out of getting started.