

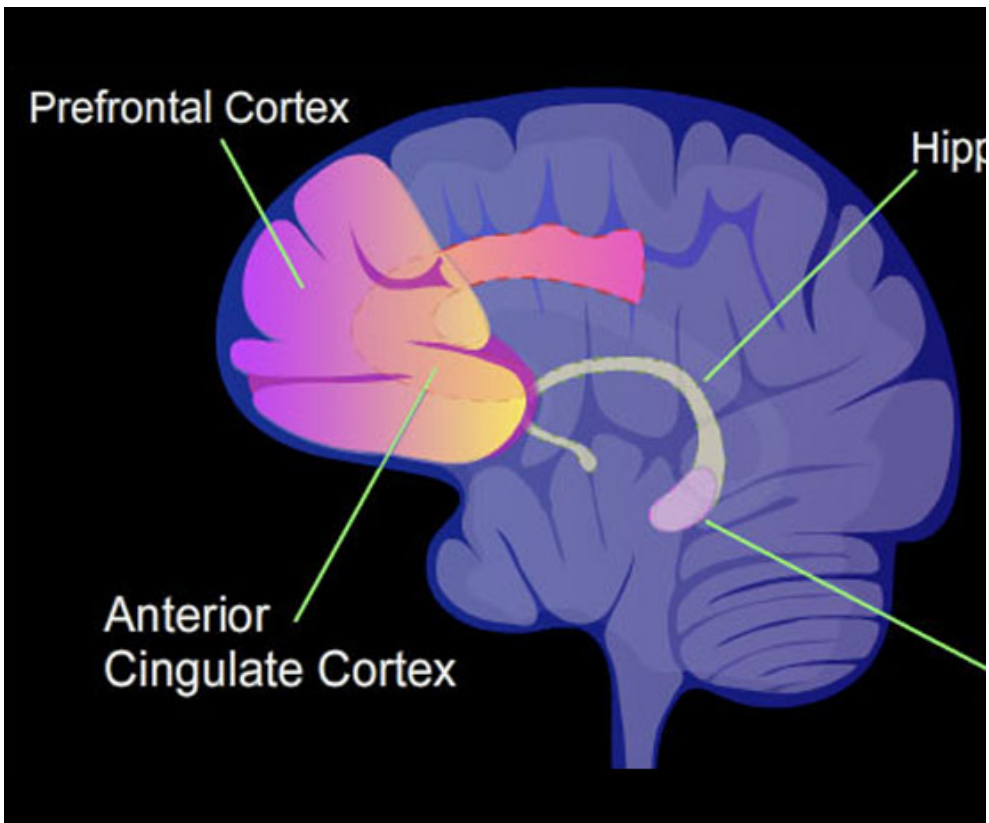


**OUR BEHAVIOR - WHAT WE DO – IS HOW WE ACT OUT OUR EMOTIONS**



### ***The Thinking Center***

- Located at the top and front of the brain, right behind the forehead.
- Responsibilities include: rational thought; problem-solving, personality, planning, empathy, and awareness of ourselves and others.
- When this area of the brain is strong, we can think clearly, make good decisions and be aware of ourselves and others.



***The Emotion Regulation Center***

- Located deep in the pre-frontal cortex
- Responsibilities include: manage difficult thoughts and emotions without being overwhelmed by them, helps us pause and think before doing something we might regret
- When this area of the brain is strong, it is working closely with the thinking center

***The Fear Center***

- Located deep inside our brain, it is only a tiny structure that can produce a powerful effect
- It functions outside of our conscious awareness or control. Its responsibilities are: receive all incoming information – everything we see, hear, touch, smell and taste – and answer one question: *Is this a threat?*
- If it detects danger, it produces fear in us.
- When activated, we feel afraid, reactive, and vigilant (watchful).

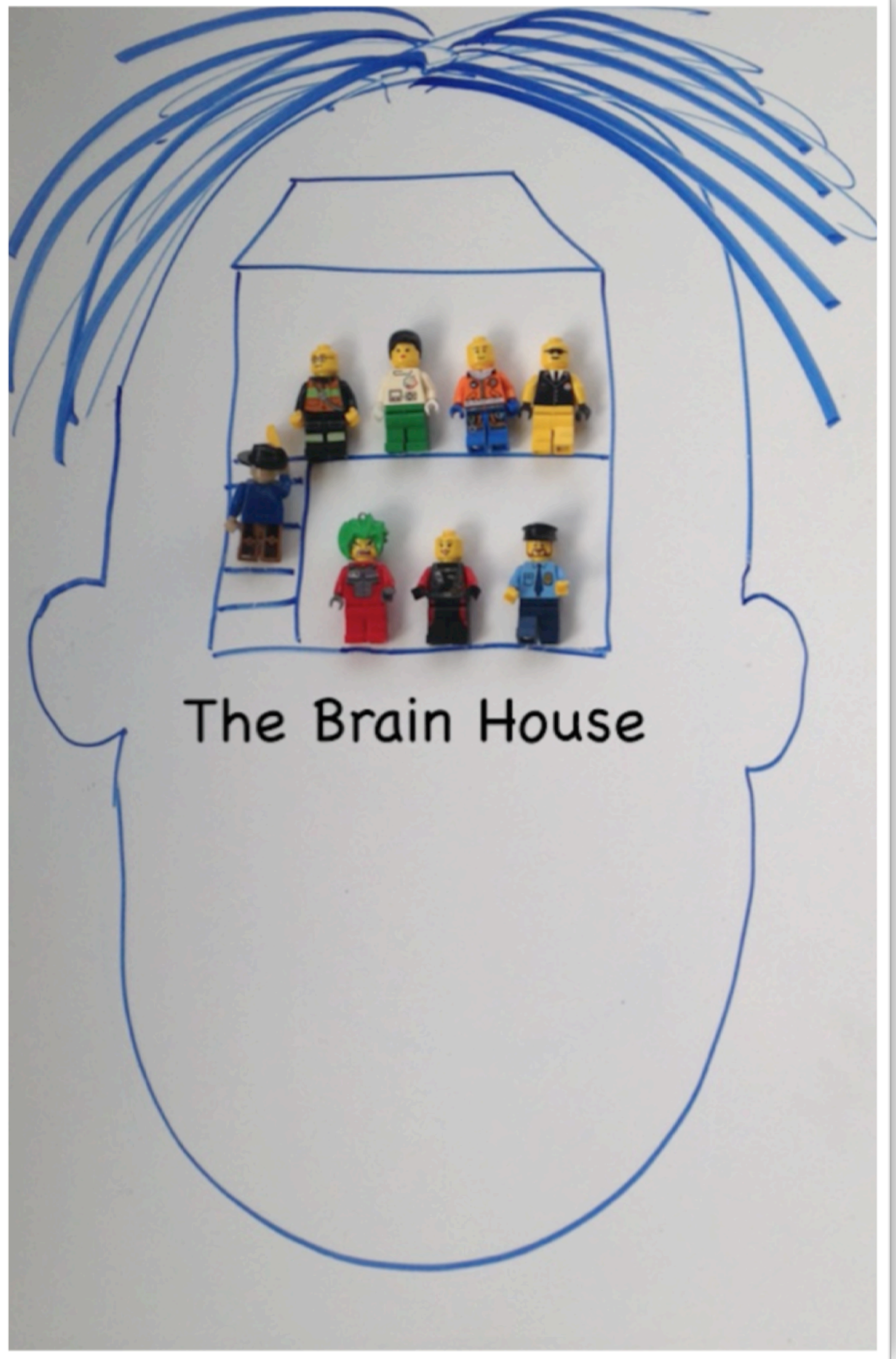


**FIGHT – FLIGHT – FREEZE**



**UPSTAIRS  
BRAIN  
(Thinking)**

**DOWNSTAIRS  
BRAIN  
(Feeling)**



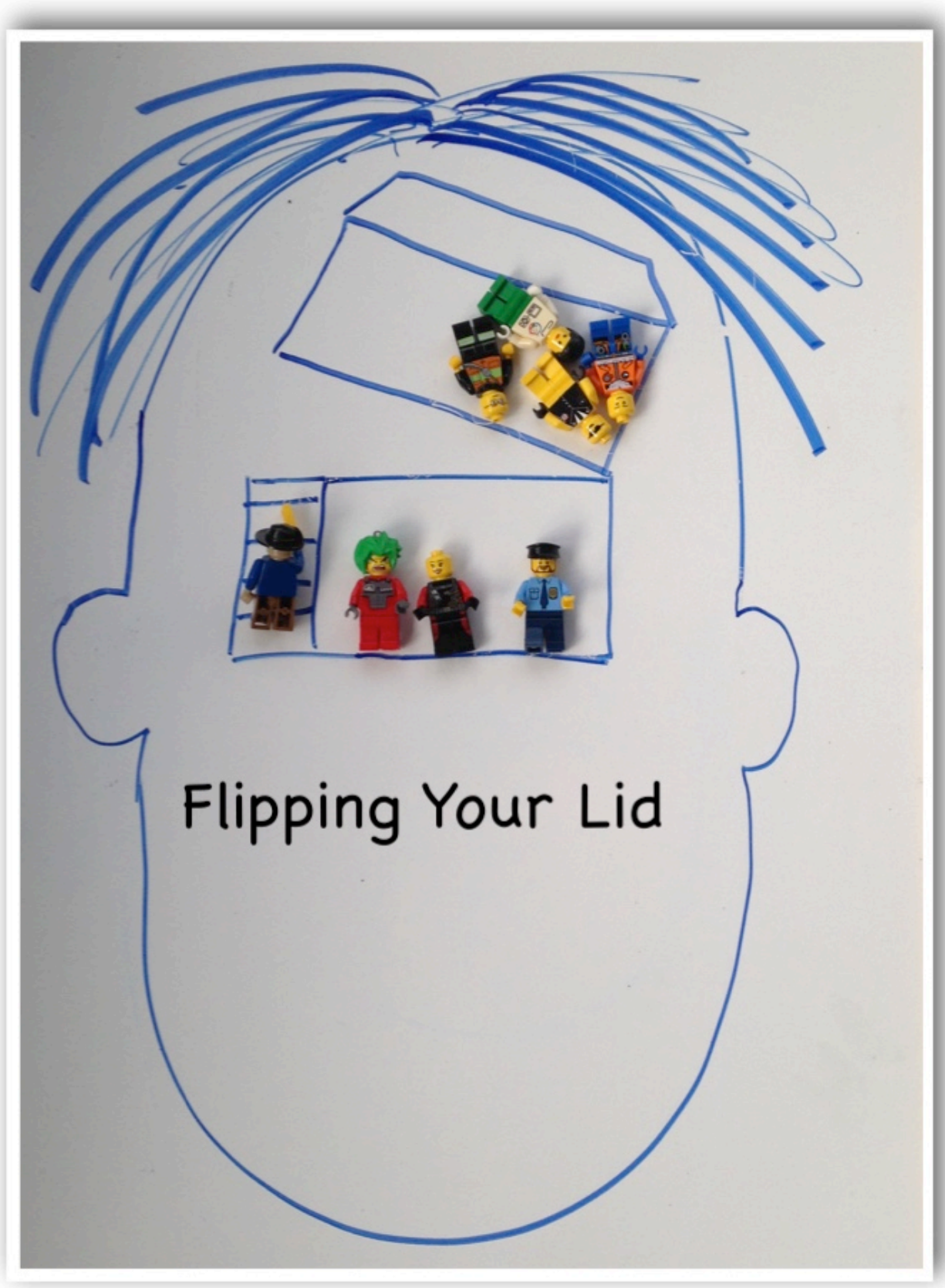


**DOWNSTAIRS  
BRAIN  
(Feeling)**

**TAKES  
OVER**

**UPSTAIRS  
BRAIN  
(Thinking)**

**You can  
choose how  
you feel.**



**Flipping Your Lid**