



Each of these is responsible for different functions in the body. Each of these has a different set of instructions and descriptions about what keeps us safe and well.

The Cortex or Human Brain

The Cortex deals with the logical, human, conscious mind. This is the part of us that justifies our choices and behaviors and makes meaning out of our feelings and experiences.

The Limbic System

The limbic system is in charge of generating emotions. It uses emotions to promote a sense of safety and well-being. These emotions drive us toward or away from experiences that affect love, safety, and belonging.

Brain Stem or Critter Brain

The Critter Brain is in charge of the physical: your heart rate, breathing, blood sugar. Anything to do with keeping you alive.

It is constantly taking a recording of the entire neural system and categorizing it in terms of risk v. Safety. The Critter Brain does not like change. It gets pretty set with what it knows it can survive and looks to have those same experiences over and over again. Anything new gets coded as unfamiliar.

Unfamiliar = risky = unsafe