

# THE BRAIN IN CONFLICT

*“Why can’t I just say what I need to say?!”*



- Our limbic system (via the Amygdala) is absorbing environmental information, alerting us to danger
- Large portions of our thinking brain (prefrontal cortex) go offline, inhibiting our ability to self-regulate
- Our ANS prepares our body for fight or flight, releasing cortisol and adrenalin and preparing us for action.
- Our ancient survival system has kicked in and it doesn't give a stuff about SBI, Calling Out or The 9 Rs.