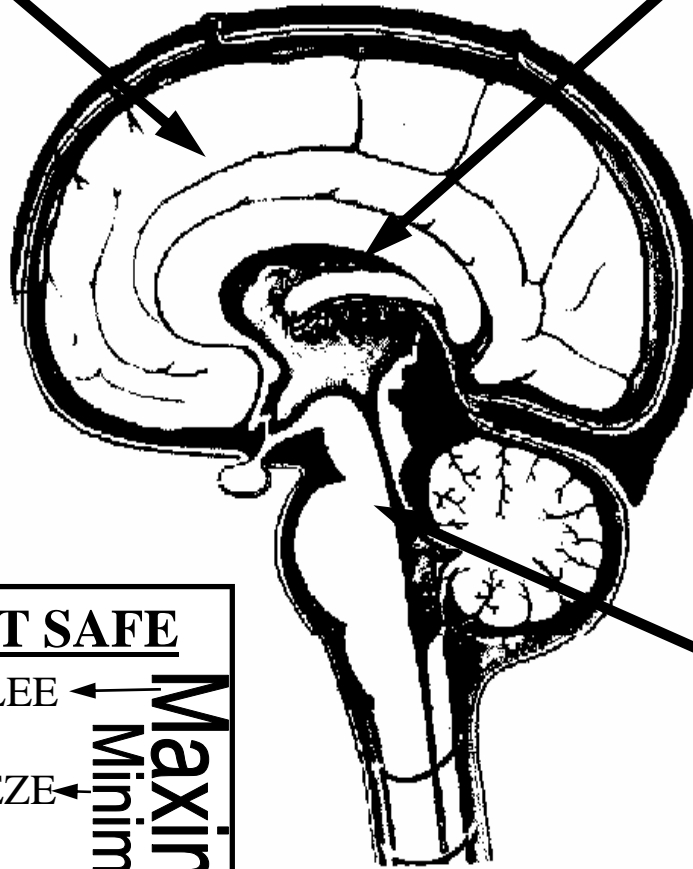


# SAFETY



## 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, Mr. Magoo. 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

Connecting,  
Intentional

Disconnecting,  
Reactive

# The Lizard

