

## SEQUENTIAL BRAIN MODEL: 4 QUESTIONS



FIXED NETWORKS

GROWTH NETWORKS

# Engage!

1

## Q: Am I Safe?

The **Reptilian network** is the first gatekeeper to your brain's higher functions. It is the home of the **Flight, Fight or Freeze** response and wants to be certain you are safe before letting you do anything. As such, it is wired for speed, not accuracy; if it senses danger, it responds with fear or anger.

**Responds to:** Safety, boundaries, predictability, clear definitions of success, accountability, relaxation

2

## Q: Am I Respected?

The **Limbic network** is the second gatekeeper and relies on long-term memory and our emotions to assess if we are part of a family, a group or a "tribe."

**Responds to:** Contributing to decisions. Opportunities to voice opinions. This network interprets body language, music, images, drawing and storytelling.

3

## Q: Are there patterns?

The **Neocortex** is constantly looking for patterns and gathering data based on what is happening in the Reptilian and Limbic networks. It then creates "stories" based mostly on past experience. It is easily distracted because it is in monitor mode.

**It isn't 'automatic':** You have to decide to use this part of the brain. This brain responds to goals, challenges, puzzles, and is looking for stimulation.

4

## Q: Is there meaning?

**Prefrontal Cortex** makes the connections between patterns and data gathered by the Neocortex. It is where we override negative instincts, prioritize items, create solutions and see multiple consequences from a single behavior.

**Responds to:** Rewards that align with experiences.