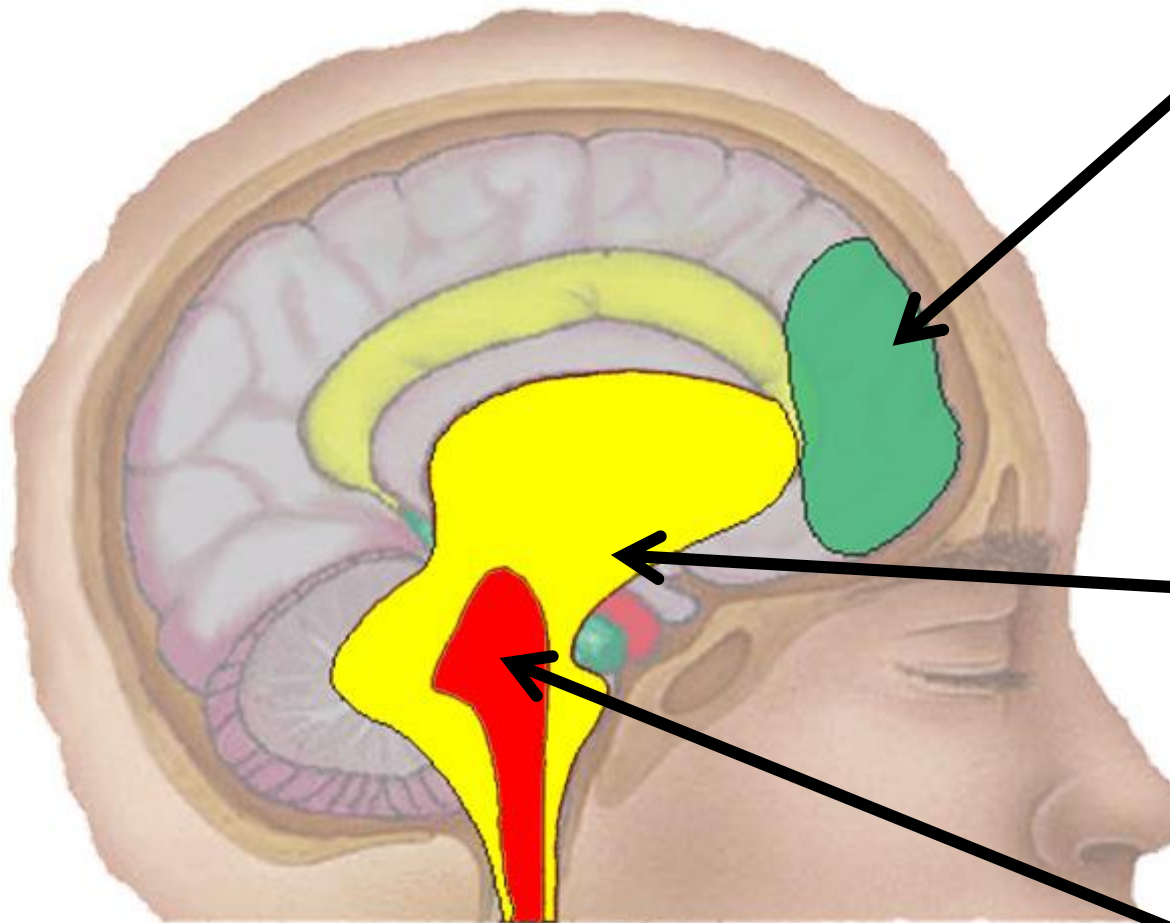


3 Parts of the Brain



Smart Brain

- the last part of the brain to develop
- slowest part of the brain
- helps us to think through decisions
- the first to switch off when under stress
- has the power to override the impulsive brain
- last part to mature

Impulsive (Emotional) Brain

- next fastest part of the brain
- runs on past experiences & emotions
- fear is its fastest trigger
- fires up our defences
- learns by repetition

Survival (Automatic) Brain

- the first part of the brain to develop
- fastest part of the brain
- runs automatic functions that keep us alive i.e. breathing, heartbeat, digestion