

Three Parts of the Brain



BRAIN STEM

PRIMITIVE/REPTILIAN BRAIN

DEVELOPS FIRST

INSTINCT

UNCONSCIOUS RESPONSES

IMPULSE

BODY SENSATIONS

BASIC FUNCTIONS

FIGHT/FLIGHT/FREEZE



LIMBIC SYSTEM

MAMMAL BRAIN

EMOTIONS AND FEELINGS

PROCESSES WHAT WE SEE

AND HEAR

MEMORIES

HABITS

ATTACHMENTS



NEOCORTEX

HUMAN BRAIN

LAST TO FULLY DEVELOP

LANGUAGE

IMAGINATION

PROBLEM SOLVING

CONSCIOUS DECISIONS

REASONING & RATIONAL

THOUGHT

COMPASSION & EMPATHY

FREEWILL