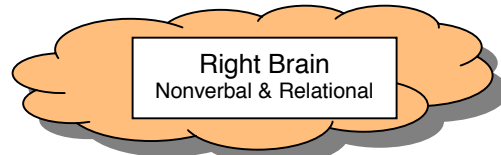
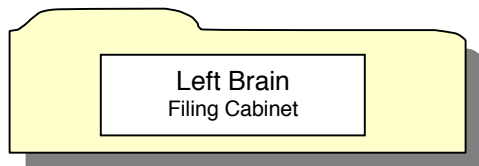
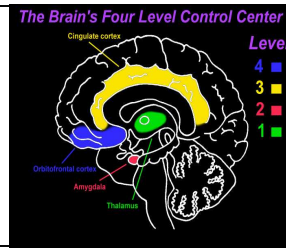
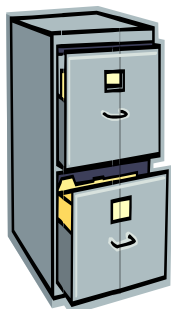


RELATIONAL/EMOTIONAL BRAIN

Sequence of Brain Development & Processing



Lifelong baselines are set for cortisol, serotonin, dopamine, norepinephrin, & oxytosin throughout this 18 month time frame.



Level 5 LEFT PREFRONTAL CORTEX

Ends around 18 months

Filing Cabinet

1. Autobiographical memories
2. Rational thinking
3. Logic & explanations
4. Words
5. Very resistant to change



Level 4 RIGHT PREFRONTAL CORTEX

Begins at 10 months

Identity Center – The Unique You

1. Hold's one's unique preferences, values & morals
2. Ability to set goals & pursue them until accomplished
3. Keeps constancy & consistency on your time-line

Level 3 CINGULATE CORTEX

Develops at 6 weeks to 10 months

Regulates Serotonin to Quiet

Mother Core/ Banana

Ability to:

1. have & build joy
2. get to "Shalom" (peace)
3. regulate the 6 Big Emotions (fear, sad, hopeless/despair, anger, disgust, shame/guilt)
4. have mindsight with others & have appropriate reactions
5. ability to synchronize
6. empathize



CONFABULATOR
Verbal Logical Explainer
The explanation based in the present as to why I feel what I feel.

SARK
False way of knowing



Level 2 – Always On AMYGDALA

Develops birth to 6 weeks

Regulates Adrenaline

1. Is our world good, bad, scary?
2. Decides to engage, fight, flight, or freeze



Level 1 Deep Limbic Structures – Always On ATTACHMENT CENTER

Develops pre-birth

Regulates Dopamine for Joy

1. Foundation of all attachments (basis for all relationships)
2. Determines how well we function in life