

LEVELS OF NEED AND YOUR BRAIN

1. Survival & Success & Achievement (Reptilian Level)

-Will trigger your reptilian brain.

-used in advertising, "sex sells", promise of money, road rage, invasion of personal space,

-used in news or political or public health agendas to sway your actions.

-anytime your safety, food, shelter is threatened (financial issues)

-can trigger actions that you might later regret when you think about it consciously

-obsessive behaviour with buying clothes, supplements, cosmetics (advertising is based on making you feel inadequate so you will buy)

-obsessions and irrational behavior about food (also with emotional brain)

When this area is "over prominent" see problems with sleep, digestion, appetite, arousal

What are some obvious triggers in your life that you would like to be more "conscious of" instead of responding so compulsively to your survival needs?

2. Love and Belonging, Self Esteem (at the level of the Emotional or Mammalian Brain)

-allows you to learn from past experience by associating it to a memory and a physiological response (oxytocin, dopamine, endorphins, etc)

-the influence of the emotional brain will dictate many of your actions. You know this might be the case when you feel guilt after an action. You did something because you were driven to do it with your reptilian or emotional brain, and then when you thought about it later with your conscious brain, you know you might have chosen differently if you were “conscious”.

-Love is blind and will stimulate both Reptilian behavior and the emotional brain very powerfully

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Are there areas of your life that you see your Emotional Brain being triggered? While this is normal and often desired and good, sometimes the issue is that your Conscious Brain is not involved as much as it could be (allowing calmer and more intelligent ways) .

When this area is “over prominent” you see Attachment problems, depression, hypersensitivity to pain, hard to manage emotions, overwhelmed, procrastination, low mood and all STRESS hormone physical problems (headaches, muscle aches, blood sugar problems, heart/lung problems, autoimmunity, cancer, etc

Are there parts of your life that come to mind you would like to bring your Conscious brain online for more often?

3. Creative Expression, Higher Consciousness, Self Actualization

-logical thought, imagination, insight, intuition, awareness, comprehension, prediction, rationalization, “I did this because”, purposeful, self reflection, perception, judgement, commitment, goal setting,

-least dominant part of the brain, surrenders to higher more basic survival needs if they present

-argues with Reptilian brain. Part of your brain that “tries”

-can be “up regulated”, strengthened, built up, become more familiar, etc.

-Mindfulness (becoming more aware of what you are experiencing, noticing yourself, etc)

Meditation-(“lights up the prefrontal cortex”, builds neural circuitry,)

Yoga- turns down, down regulates emotional and survival centers of the brain.

List the most appealing ways to YOU to strengthen your higher conscious brain by connecting your higher consciousness and your body? (eg. Mindfulness, meditation, Yoga, other body connecting therapies, music, dance, using your imagination, etc)

What are some of the ways you tend to gravitate to when you are under pressure, or triggered?

(eg, food, pleasure, zone out in a show/book, excessive thinking/worrying, excessive planning, excessive cleaning/fixing, fighting with others, excessive pleasing others, driving too fast, strong emotional reactions towards others, feeling slighted/resentment, etc)\

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