



Intellectual brain.

- The boss!
- Makes logical and rational assessment of life
- Innovative and finds solutions to problems
- Helps you to think positively, act positively and interact positively
- Using the 3 x P's - our mind produces the right chemicals to keep us happy
- and coping, whatever the situation is.
- Where we want to be (unless there's a polar bear!)

Primitive brain.

- The Security or H&S officer (but gets it wrong sometimes)
- Fight / flight or depression area
- Uses emotion rather than logic
- Where our fears, phobias and inappropriate patterns and habits are stored
- Sees everything from the worst possible perspective
- Great for dealing with polar bears! Not for our daily lives