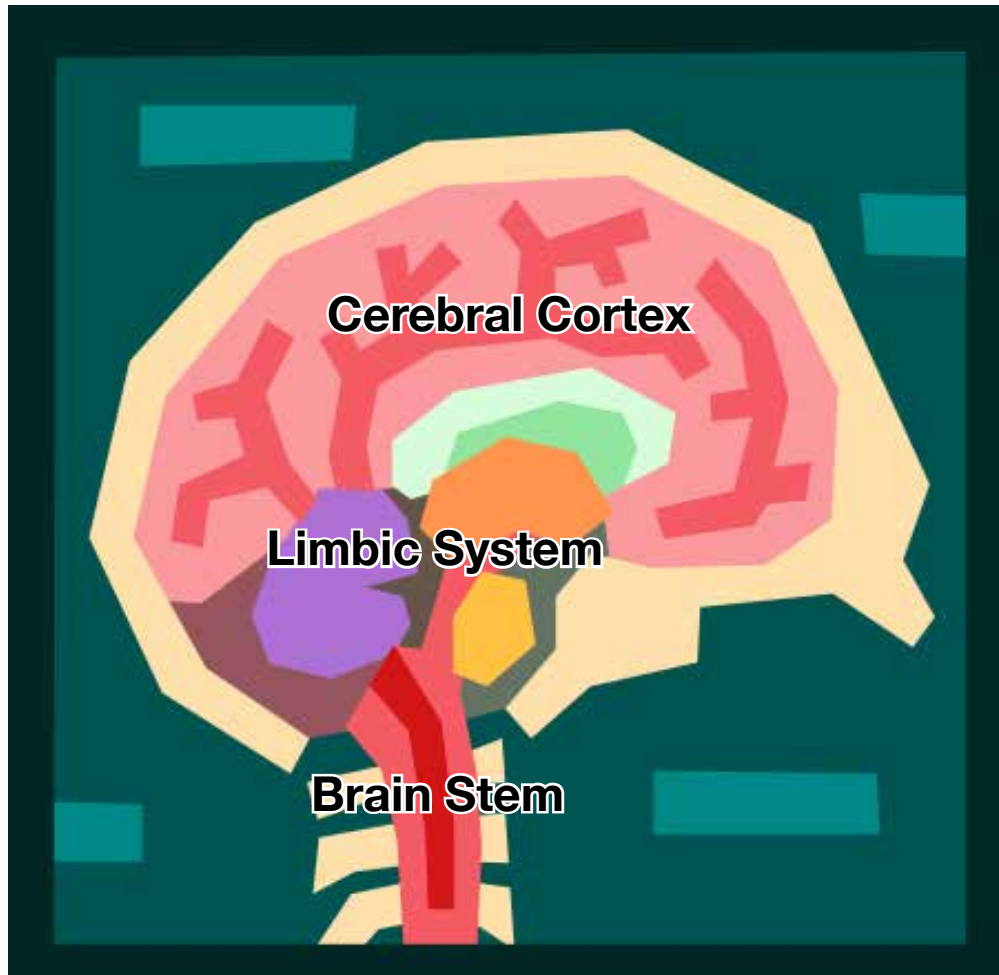


# Brain Diagram



***Brain Stem:*** the oldest part of the brain, it controls our basic needs for survival. It keeps the lungs breathing, the heart beating, and is responsible for digestion and reflexes. It also controls the sleeping and waking cycles and the fight, flight or freeze response.

***Limbic system:*** the emotional center of the brain. Our emotions are part of how we process events. Emotions are a necessary part of how we learn about and make sense of the world, and how we keep ourselves safe. Every time we think about something, our emotions about it are mixed in.

***Cerebral Cortex:*** where all the creative thinking and reasoning, the ability to think about and anticipate consequences and come up with different solutions to a problem or see the other person's point of view takes place. It gets cut off when we go into fight, flight or freeze.