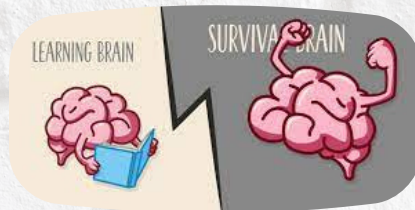


# WHERE IS YOUR BRAIN LIVING MOST OF THE TIME??



how your brain operates in  
each 'mode' ....

Survival

- HYPERFOCUSED ON THREAT
- DOESN'T LIKE UNCERTAINTY
- OFTEN IMPULSIVE
- TROUBLE TRUSTING OTHERS
- OFTEN PANICKY OR OBSSESSIVE
- AFRAID OF GETTING THINGS WRONG OR MAKING MISTAKES
- JUST WANT TO GET THINGS OVER WITH
- OFTEN NOT OPEN TO NEW THINGS
- AFRAID OF LOOKING STUPID AND FILLED WITH DOUBT
- ZONING OUT, LOSING FOCUS, ISOLATION FROM OTHERS



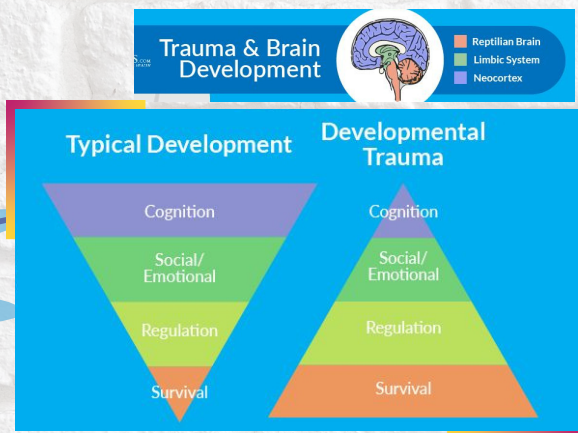
- OPEN TO LEARNING NEW INFORMATION
- COMFORTABLE WITH UNCERTAINTY
- SEE'S THE BIG PICTURE
- FEELS CALM, PEACEFUL, PLAYFUL AND EXCITED ABOUT LEARNING
- CURIOUS AND NOT AFRAID OF MAKING MISTAKES



Learning



If we look at **typical development** vs. **developmental trauma**, we see a **shift in brain usage...**

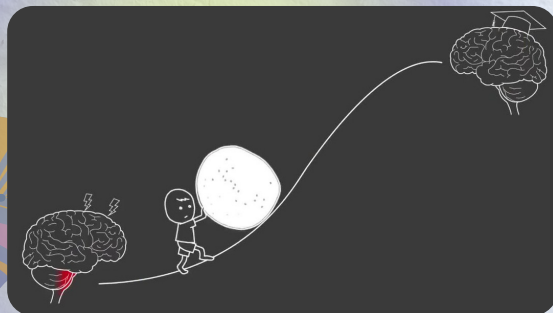


...**people with trauma misperceive** ambiguous situations as **threatening** and **stressful** due to **how the brain has chosen to 'protect' itself**, therefore **impacting which regions of the brain are engaged**

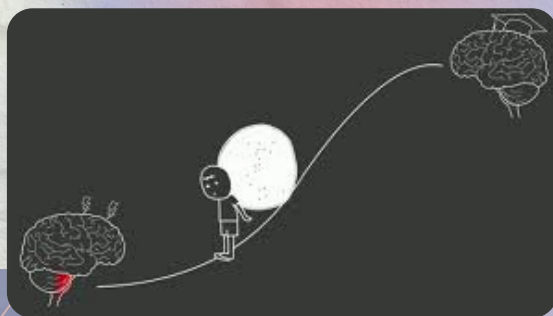
***functioning for 'survival brain' ALWAYS trumps 'learning brain' - logically, your brain prioritizes your safety***

...this makes the process of switching off 'survival brain' a lot harder

**If we visual trauma as a rock being pushed up a hill from 'survival brain' up to 'learning brain,' it is an achievable task when equipped developmentally..**



**When an individual has developmental trauma, this rock will feel heavier and harder to push up into 'learning brain' than it should. The rock may even grow if environmental factors or other adversities are present.**



***Looking for a more in-depth breakdown? Check this out***

