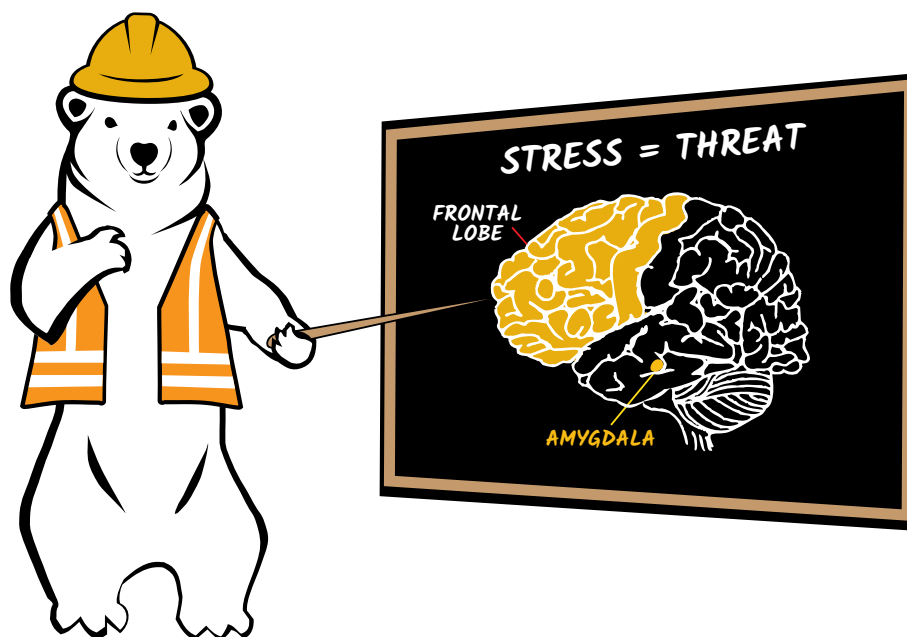




The Brain Under Threat

The Primitive Reactions vs. The Evolved Response



Normal Circumstances

The evolved part of our brain—our frontal lobes—functions well in normal circumstances: organization, self-reflection, moral reasoning, decision-making.

Under Threat

When we perceive threat—physical or psychological—primitive parts of our brain react quickly to keep us safe. Our heart rate and blood pressure go up. We may become easily distracted and feel anxious, agitated or confused. Our evolved part of the brain may be temporarily compromised. This is not a sign that you are not



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