

A QUICK AND SIMPLE WAY TO THINK ABOUT THE BRAIN

Paul D. MacLean, MD, developed the concept of the triune brain in *The Triune Brain in Evolution: Role in Paleocerebral Functions*. Rick Hanson, PhD, author of *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence* built on this original concept.

In many ways, the brain is considered the most complex of human organs. But complex doesn't have to mean complicated. Especially when we're trying to explain the brain's different but necessary functions.

Our brain structure can be divided into three layers – the **brain stem**, the **subcortical region**, and the **cortex**. And each layer can be loosely associated with the **reptile**, **mammal**, and **primate/human** phases of evolution, respectively.

So, if you think about it, it's almost as we're carrying a little **lizard**, a little **mouse**, and a little **monkey** inside our brains.

And as the brain evolved, so did its capacity to meet the three fundamental needs of any animal . . .

Safety, satisfaction, and connection.

Here's a visual . . .



