

Three Brain Realignment TECHNIQUE (TBRT)



Although the expression of emotions is normal, emotions such as fear, anger, or grief can negatively affect us long after the original event that caused them.

When our body fails to “let go” of these emotions, we can find ourselves with self-sabotaging behaviors, fear, inner conflicts, and many chronic physical conditions.

The Three Brain Realignment Technique (TBRT) allows us to identify and help you let go of “stuck” emotional patterns.

Through a combination of subconscious reprogramming and mindset shifts, this unique coaching technique helps you realign the subconscious and conscious minds to resolve inner conflicts and anxiety.



Dr. April Darley

Your 3 Brains



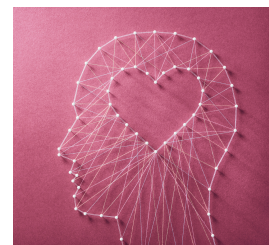
Survival Brain

In the 1960's, neuroscientist Dr. Paul MacLean created a theory linking brain development and behavior. You have 3 distinct areas of your brain that function as if they were individual brains making decisions. When these 3 brains don't agree on something, it can create a stress reaction and self-sabotaging behavior.

Your survival brain controls your fight, flight, and freeze response plus several of your bodily reflexes. This brain is considered your default state when you're feeling threatened or scared and will hijack the other brains in a stressful situation. This brain doesn't care if you're happy as long as you have the basics for survival: food, shelter, a mate or tribe, and money to purchase what you need.

Emotional Brain

Your emotional brain is commonly referred to as your subconscious. The subconscious has no concept of time and can't differentiate between what's happening to your or another person. If you're an empath, then you may absorb pain from others and store it here.



The subconscious mind is highly programmable and will believe what you tell it, good or bad. Together with the survival brain (the unconscious mind), approximately 90% of decisions you make are based on emotion and survival, not logic. The emotional brain is where we store our need to love and be loved by others, and to fit in or belong with a group. This level is also responsible for intuition, creativity, and imagination but does not include logic in any way. It's the unique way we view the world and people around us.

Logical Brain



The logical brain is what we like to think of as being responsible for all decisions and higher functioning activities. Also called the neocortex, this brain controls math, language, reasoning, and strategy. However, this brain is only responsible for 5-10% of the decisions we make.

When it comes to releasing stored emotions from the body, eliminating sabotages, and making mindset shifts, the logical brain is the least important of the three. By addressing and eliminating any inner conflicts that result in stress or anxiety, you can experience increased confidence, self-esteem, and better quality relationships with others. Schedule your appointment at www.aprildarley.com.