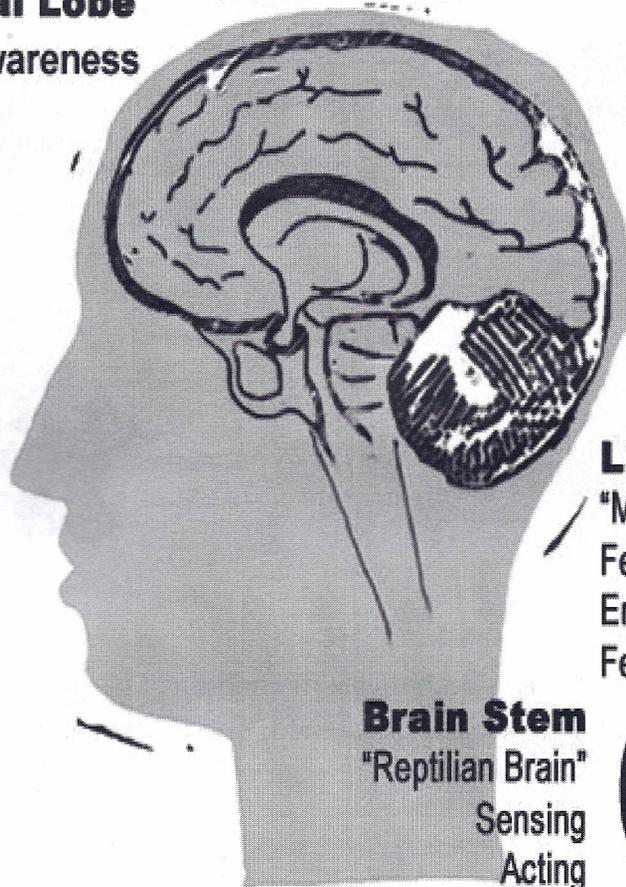


# New Brain

**Frontal Lobe**  
Self Awareness

## Cortex

Intuition Thinking  
Symbols Logic  
Images Language



## Limbic System

"Mammalian Brain"

Feeling  
Emotional Memory  
Fear / Pleasure

## Brain Stem

"Reptilian Brain"

Sensing  
Acting

# Old Brain

Concerned with staying alive, the old brain controls our initial muscle and feeling reactions. When it perceives a threat, the body either:

- ♥ expresses in anger and fights (the Tiger response)  
*or*
- ♥ constricts in defense and hides (the Turtle response).