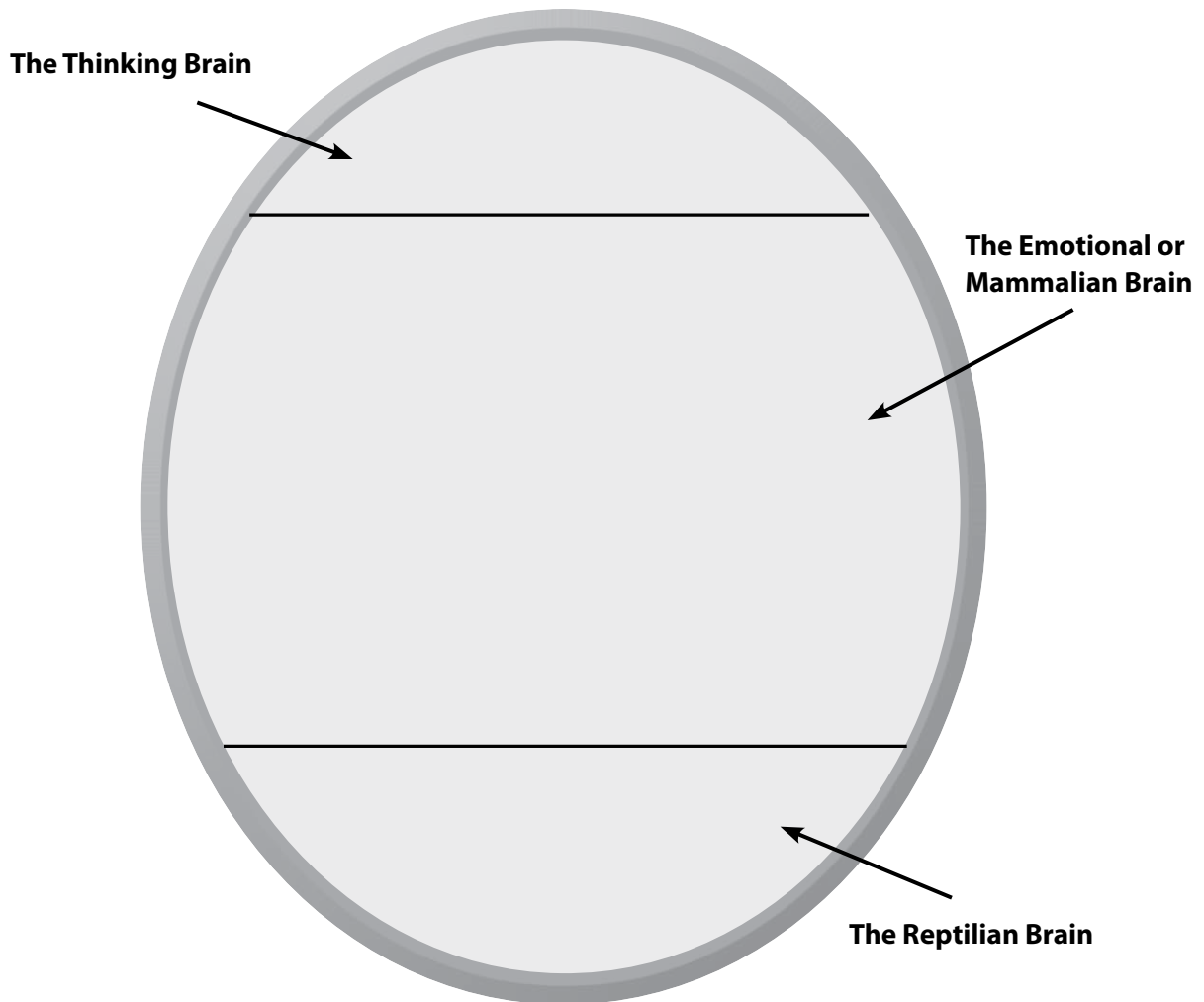


# Getting to Know Your Brain

Write on the diagram what each part of your brain contributes to your everyday life. Perhaps your thinking brain is a resource, or maybe it goes in circles or never turns off. Maybe your emotions are a strength, or maybe they are overwhelming. Maybe your reptilian brain overreacts, or it freezes and cannot allow you to take action when you want to do so.

Write down whatever you notice.



What parts of your brain are a resource for you?

What parts give you the most difficulty or cause the biggest problems?

The "triune brain" model (McLean, 1967)

# How Your Brain Remembers the Trauma

Write in what each part of your brain remembers. **There is no need to write in all the details.** Just a few words or sentences is fine—such as “I remember what happened” or “I don’t remember my childhood” or “I can talk about it without any feelings” or “I only have overwhelming feelings and reactions.”

**How much does your thinking brain recall of what happened?**

Whole events or just fragments?

**How much does your emotional brain remember?**

Do you suddenly feel emotions that do not make sense coming out of nowhere?

Feel sick to your stomach?

Or angry or afraid?

You might remember a lot with your feelings and your body.

**How much does your reptilian brain remember?**

Do you startle easily? Pull away from people? Brace for no reason? Go numb? Does your heart race?