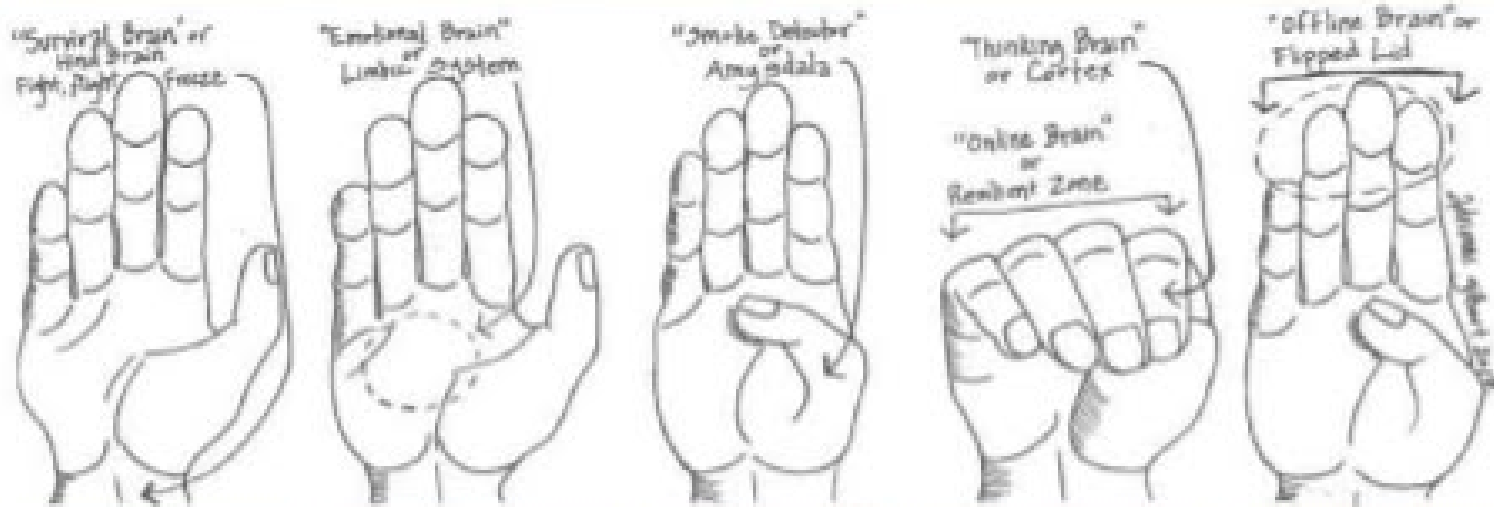


# Understanding the Brain

Hand Brain Model, Dr. Dan Siegal



## Survival Brain

Sensation  
Autonomic functions  
Survival strategies:  
fight, flight,  
freeze, submit,  
& collapse

## Emotional Brain

Expression/  
regulation of  
feeling  
Memories  
relationships/  
attachment

## Amygdala

Smoke alarm

## Thinking Brain

Critical thinking  
Problem solving,  
planning,  
creativity,  
beliefs, impulse  
control

## Offline Brain

Survival brain  
*in control*  
Not able to  
access the  
thinking brain.



Children's Home Society