

YOUR DOWNSTAIRS BRAIN IS YOUR PROTECTOR BRAIN. IT KEEPS YOU SAFE AND IS IN CHARGE OF EMOTIONS. YOUR UPSTAIRS BRAIN IS YOUR THINKING BRAIN. WHEN YOU ARE EXPERIENCING BIG EMOTIONS, YOUR DOWNSTAIRS BRAIN TURNS ON AND YOUR THINKING BRAIN TURNS OFF. THEY CAN'T WORK AT THE SAME TIME!

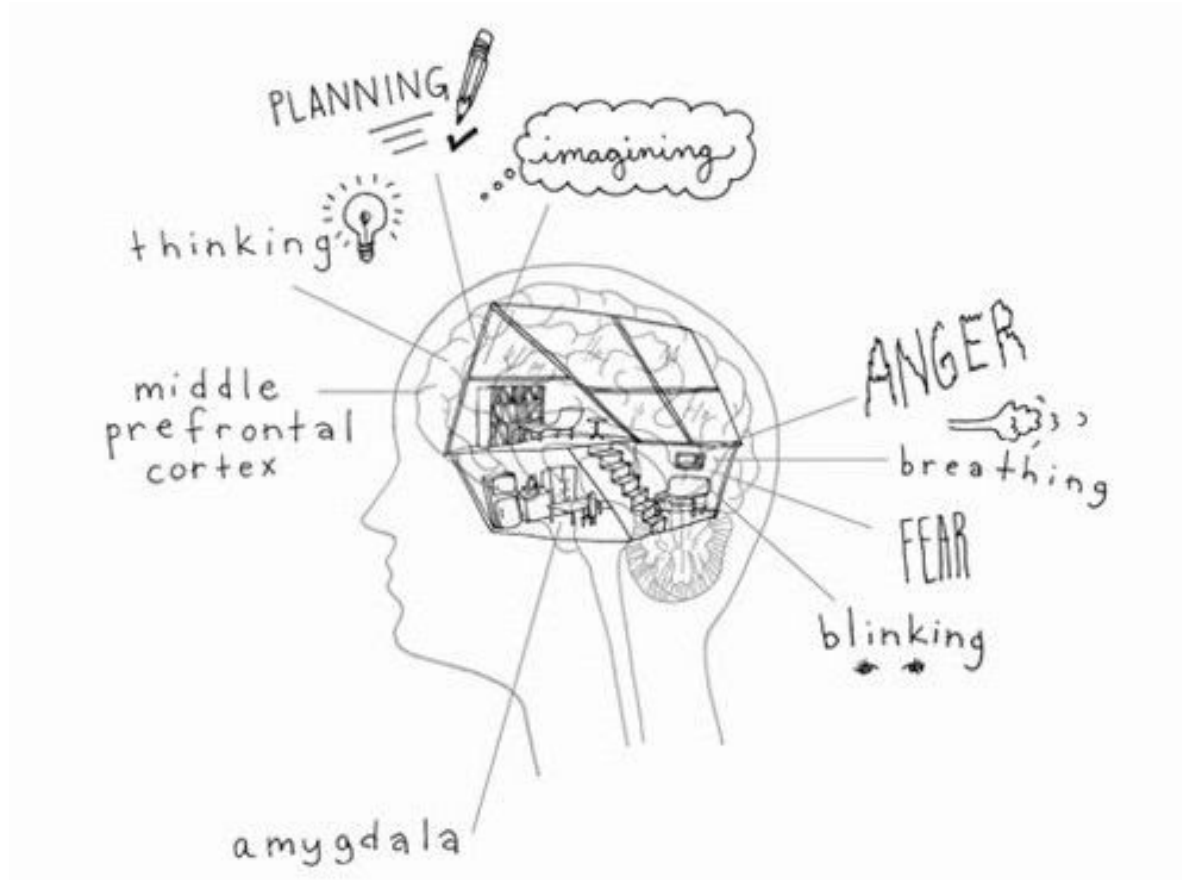


Image borrowed from *The Whole-Brain Child*

"I AM THE BOSS OF MY EMOTIONS."