

# Neo Cortex

The 'Thinking' Brain

**Left**

Words  
Patterns  
Sequences  
Analysis

**Right**

Creativity  
Imagination  
Whole Picture

# Limbic Brain

The 'Feeling' Brain

Five Senses  
Connection  
Emotional Memory  
Context

# Prefrontal Cortex

The 'Mindful' Brain

Body Regulation  
Attuned Communication  
Fear Modulation  
Response Flexibility  
Insight  
Empathy  
Moral Awareness  
Intuition

# Reptilian Brain

The 'Survival' Brain

Basic Body Systems  
Desire to avoid harm  
Fight/flight/fright  
Knee-jerk response  
Instinct

