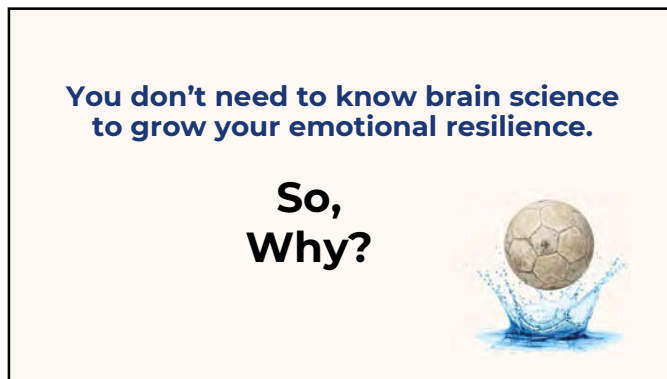
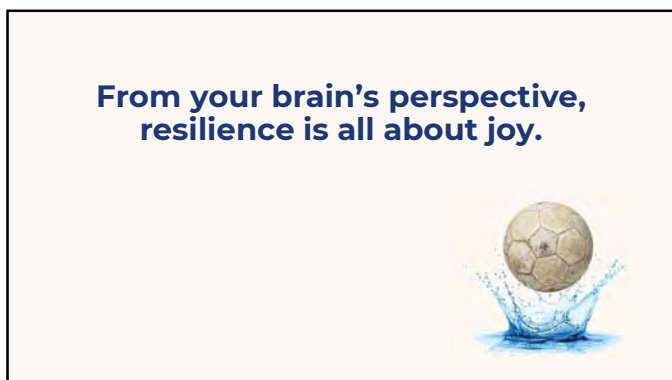




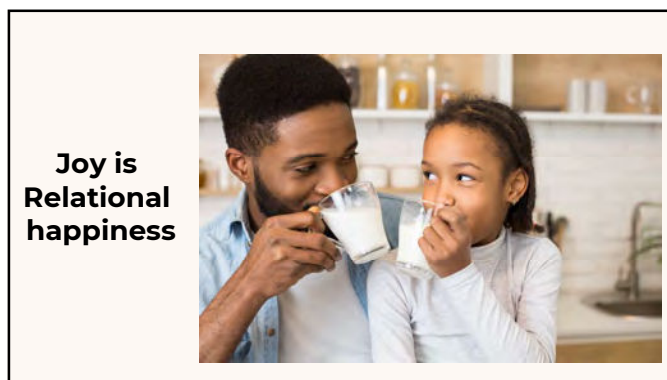
1



2



3



4

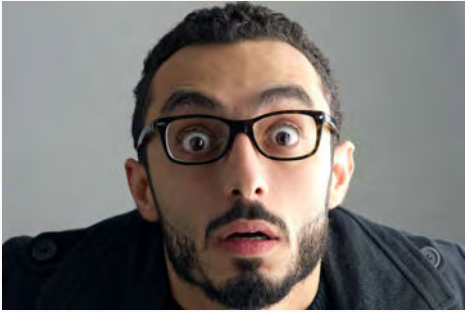


5



6

If my brain doesn't run on joy, it will run on FEAR.



7

When fear is in control

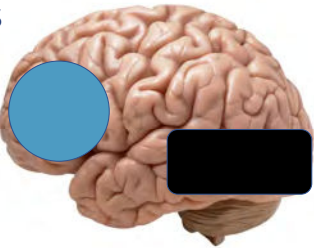
- We stop being relational.
- We stop acting like ourselves.
- We get stuck in overwhelm.
- We fixate on problems.
- We turn to addictions.
- We lose access to part of our brains.



8

Brain Basics

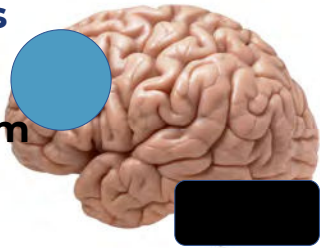
Joy is front
Fear is back



9

Brain Basics

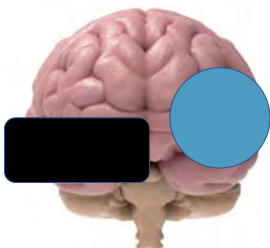
Joy is top
Fear is bottom



10


Brain Basics

Joy is right
Fear is left

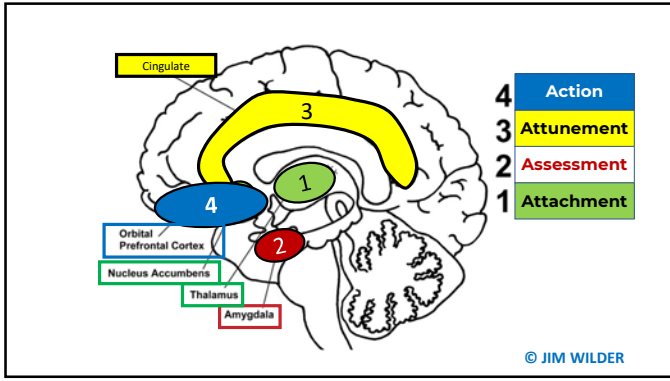


11

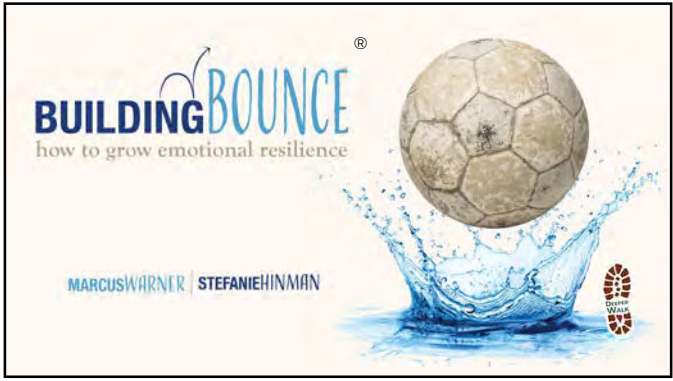
We want the Front/Top/Right part of our brain in control



12



13



14