



**Evolutionarily, our brain keeps upgrading. We now have three main parts.**

The Brain Stem (reptilian brain,) is the Survival Brain. It controls all functions responsible for our survival – as an individual and as a species. It controls such things as hunger, thirst, heartbeat, breathing, digestion, immunity, and sexual drive. It is the basic, primal part of us that is in all animals – Give Me Food...Give Me Shelter...Give Me Sex! Most importantly it initiates the Fight-or-Flight Stress Response.

The Limbic Brain (emotional brain) is in all mammals and is composed of such interestingly named parts such as the amygdala, hippocampus and thalamus. It controls all functions related to emotional aspects of survival. It controls such things as memory, behavior, pleasure and pain responses, and experience of all emotions. Most importantly it maintains the Fight-or-Flight Stress Response and initiates defense posture.

The newest is the Cerebral Cortex. It is in humans and is evident in other mammals, especially apes, dolphins and whales. It is our Thinking Brain. It controls all functions related to higher thought. It controls such things as decision-making, attention, awareness, language, judgment, reading, writing, etc. It is where higher thought is created. The Fight-or-Flight Stress Response and defense posture also impair it.



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