

Old Brain

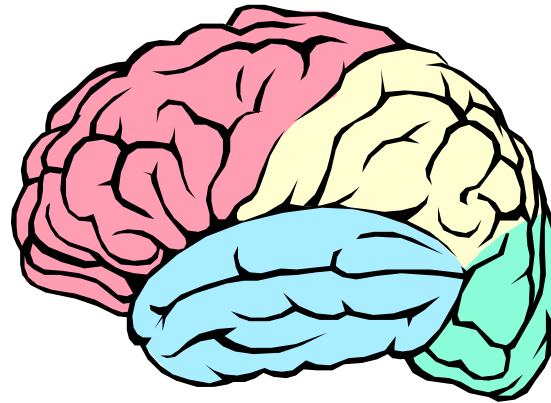
Seeking Pleasure

FEAR

FIGHT

FLIGHT

Avoiding Pain



Survival

New Brain

**Knowing and Knowing that we
Know**



**Imagining Planning Ruminating
Reasoning**

Me! Me! Me!

A Mind absolutely dedicated to the
preservation and promotion
of SELF

Constantly alert and on the look-out
for threat and **Danger!**

Trying to protect and keep me safe
so I can

Survive, thrive and pass on my
genes



The Mind Trap

Past Memories Future Imaginings

Avoiding Distracting
Fighting
Controlling



SUFFERING