

Brain Connection Model[©]

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Common Neurotransmitters Affected

- Gaba
- Endorphins
- Dopamine
- Serotonin

Shut Down
Non - Essential
Functions

Old Brain Menu of Options

Food
Exercise / Activity
Drugs / Alcohol
Sex
Pornography
Love
Internet
Action
Diversion
Electronic Devices
Work
Shopping
Gambling
Codependency

New Brain

- Reasoning
- Problem Solving
- Logic

Instant Response?

or

Delayed Gratification?

Old Brain

Survival Instinct

"Sleeps" until something
triggers it to "wake up"

Air
Thirst
Hunger
Shelter
Sleep
Reproduction

STRESS RESPONSE

FIGHT + FLIGHT = FREEZE

ANGER + FEAR = ANXIETY

HURT | FEAR
SADNESS