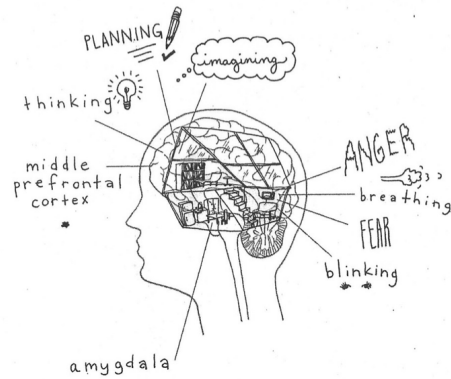


# The User's Guide to the Brain

THE WHOLE-BRAIN CHILD • 39



1. Experience, including violence, trauma, and neglect, shapes our brain
2. Even our parents' and grandparents' experience, and the conditions of their lives, can change our brain
3. Lots of violence and trauma raises our "thermostat" so that we slide easily into fight, flight or freeze mode
4. We can teach our brain to settle down - to get into the "sweet spot" where it can change again:
  - a. If we name what is happening
  - b. If we tell new stories about ourselves - and our brilliant brain that is just trying to protect us and keep us safe
  - c. If we learn to let go of the fear and calm ourselves - by moving our body and shaking, stamping it out, taking a break, making sounds, breathing deeply....
  - d. If we learn to ground ourselves in the present moment - rub our own body, look at what we can hear, see, feel now
  - e. If we listen to our body - and trust it to tell us what we need now...
5. Remember you can learn - when you practice these things you change your own brain and get back into the flow!

