

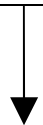
Three Part Brain/Platform of Safety

CORTEX
Thinking, problem solving



"computer" brain

LIMBIC or MIDBRAIN
emotion, feeling,
attachment

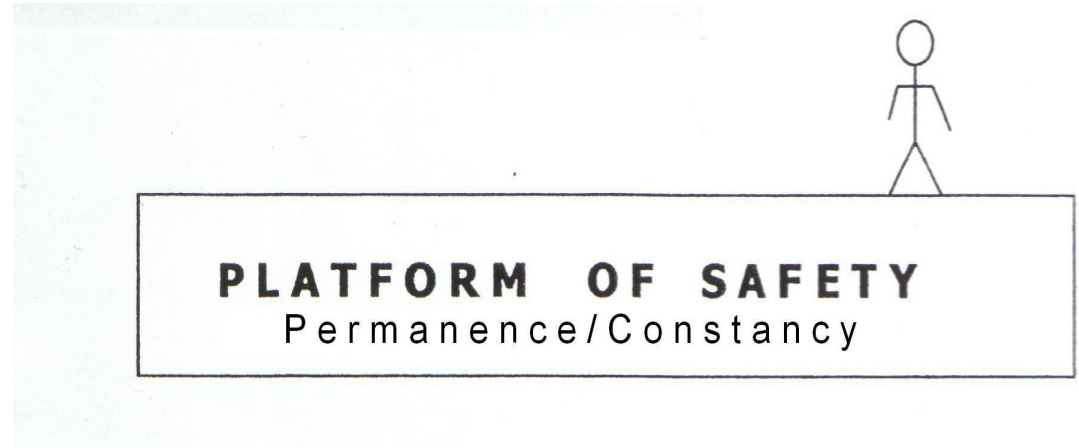


"puppy dog" brain

BRAINSTEM
survival, adrenaline,
physiological needs

"lizard / reptile" brain

"Computer Brain"
Age-appropriate skills & coping



Ordinary
stressors
Cause child to
"fall through" the
platform



survival,
brainstem
overwhelmed,
not safe inside