



MONKEY LIZARD

What type of Brain are you?

#MonkeyVsLizard

CONFLICT AND THE BRAIN

Furry Komodo!

You tend to use more Reptilian Brain & less Mammalian Brain! Most people have this automatic Reptilian response to perceived threats, as it protects us from danger. With the Reptilian Brain active it's difficult to think reflectively. Your Mammalian Brain wants to think in a calm and measured way. Help it by taking a breath.

Shed some of those scales and try a different approach?

Give **THE QUIZ** another go!

STAY IN TOUCH AND DISCOVER MORE ABOUT OUR WORK:

✉ sccr@cyrenians.scot

📄 scottishconflictresolution.org.uk

📘 sccrcentre

🐦 @sccrcentre