



MONKEY LIZARD

What type of Brain are you?

#MonkeyVsLizard

CONFLICT AND THE BRAIN

Lord of the Lizards!

You tend to use more Reptilian Brain! Most people have this automatic response to perceived threats, as it protects us from danger. You're in a reactive fight/flight/freeze state. But when the Reptilian Brain is active it's difficult to think reflectively. Give yourself a break, remember to breathe!

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