

MONKEY VS LIZARD

What type of Brain are you?



#MonkeyVsLizard

CONFLICT AND THE BRAIN

Monkey Genius!

You tend to use more Mammalian Brain! You've managed to take a breath which helps you stay calm, reflective and empathise. This makes it much easier to talk things through and manage a difficult situation. By stepping away from our automatic Reptilian response we can help ourselves think more reflectively.

Give **THE QUIZ** another go!

See if you get a different result!

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