

# MONKEY VS LIZARD

What type of Brain are you?



## CONFLICT AND THE BRAIN

### Monkey Genius!

You tend to use your Mammalian Brain more! 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 and see if you get a different result?



### STAY IN TOUCH AND DISCOVER MORE ABOUT OUR WORK:

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📄 [scottishconflictresolution.org.uk](http://scottishconflictresolution.org.uk)

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