



# MONKEY LIZARD

What type of Brain are you?

## CONFLICT AND THE BRAIN

Furry Komodo!

You tend to use more Reptilian Brain and 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 scales and try a different approach? Take the quiz again!



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✉ [sccr@cyrenians.scot](mailto:sccr@cyrenians.scot)    📄 [scottishconflictresolution.org.uk](http://scottishconflictresolution.org.uk)

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