



# MONKEY **vs** LIZARD

What type of Brain are you?



## CONFLICT AND THE BRAIN

### Barbed-back Baboon!

You tend to use more Mammalian Brain and less Reptilian Brain! You're beginning to think reflectively about the situation. Most people have an automatic Reptilian response to a perceived threat, to protect us from danger. With an active Reptilian Brain it's difficult to keep calm. Do something to relax. It makes talking much easier.

Give the quiz another go! Soon you'll be swinging from the trees!



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

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