



# triune brain theory

/the mind can be divided into 3 softwares/

## reptilian brain

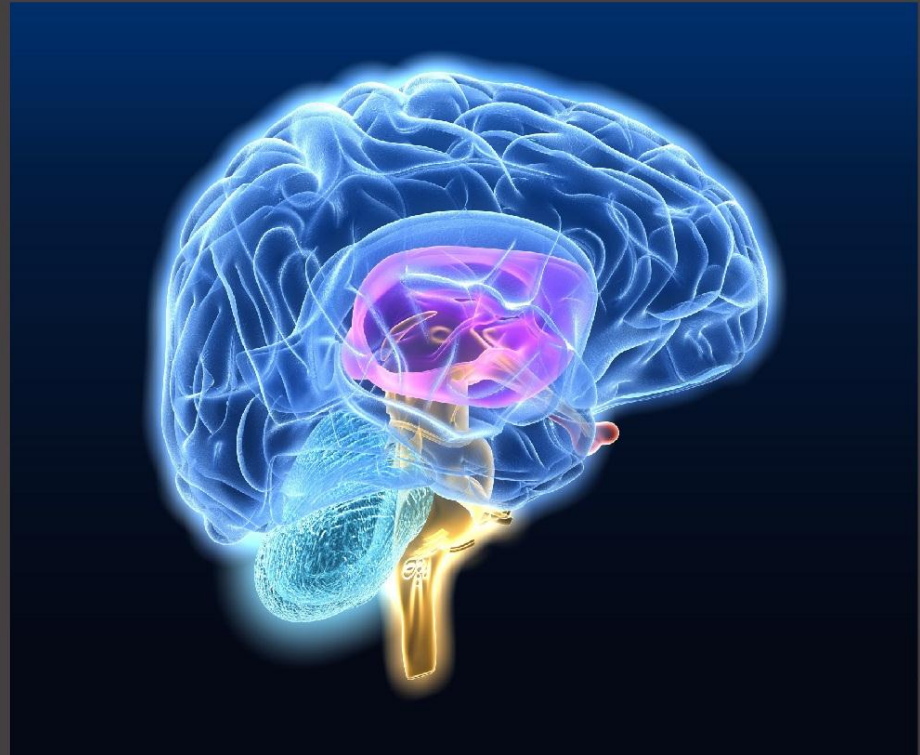
/oldest software, embodied,  
driven by survival genes,  
motor cortex,  
hypothalamic motivations/

physical

intincts

automatic responses

freeze, fight, flee, fuck



2

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### mammalian brain

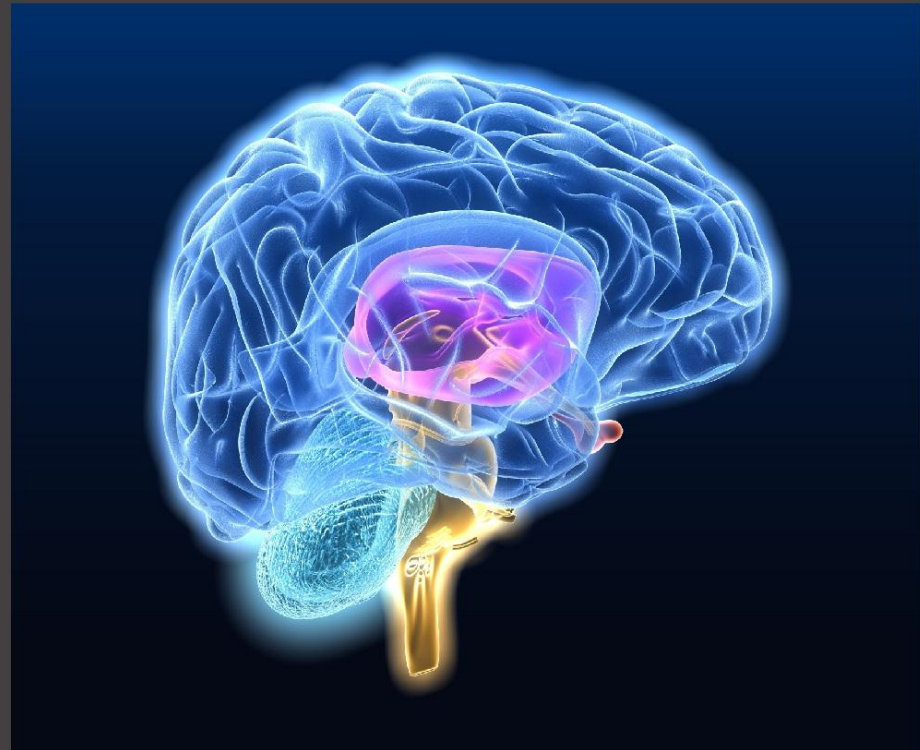
/the amygdala and  
the limbic system/

emotional brain

hormone release

triggers autonomic

nervous system



3

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### higher brain

/the neocortex/

logical brain

cognition

calculation

language

abstract concepts

analysis

