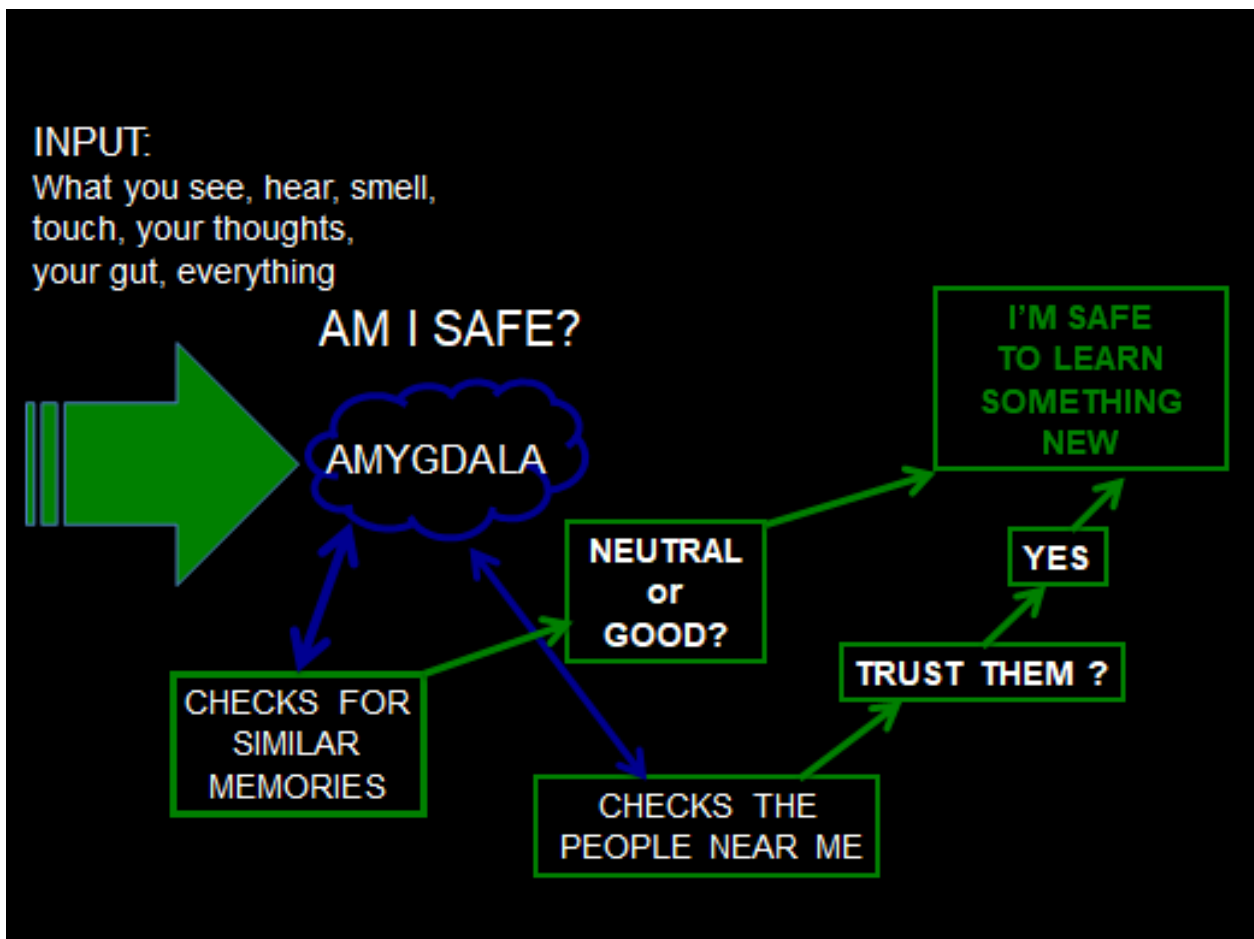


# Am I Safe?

These images provided by Dr Kirke Olson from The Positivity Company.

The Am I Safe? Diagrams map how the brain responds to new experiences and the ability to learn. The amygdala responds to the bodies' senses by checking for similar memories. If these memories are connected to a neutral or good memory, the brain signals that we are 'safe'. At this point we are more prepared to learn something new.



The Am I Safe? Diagrams map how the brain responds to new experiences and the ability to learn. The amygdala responds to the bodies' senses by checking for similar memories. If these memories are connected to a traumatic event, the body is likely to create a flight, flight or freeze response. The body focuses on the perceived threat, not on learning something new.

