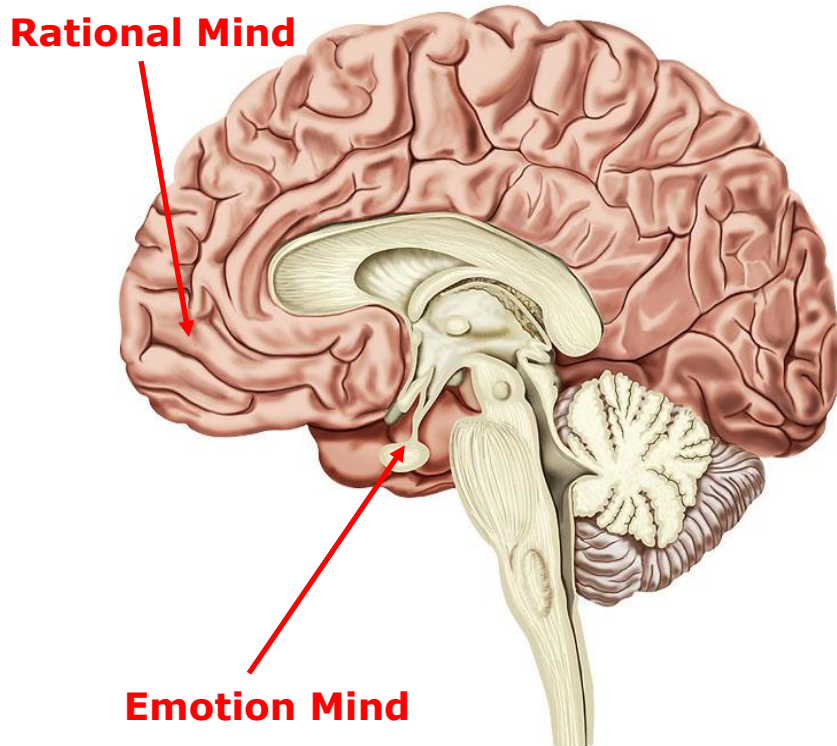


# Anatomy of an "Emotional Hijacking"



## Emotion Mind

- **Faster**
- **Senses threats to safety**
- **Disables Rational Mind**
- **Doesn't look at facts**
- **Jumps to conclusions**
- **Usually lies to you**
- **"Lizzard brain" - animals have this**

## Rational Mind

- **Slower**
- **Tries to help Emotion Mind**
- **Looks at the facts**
- **Waits to get all the information**
- **Usually tells the truth**
- **Animals don't have this**

