

# THE TRICKY BRAIN

## FLOW OF LIFE

Like all living beings, we just happen to find ourselves here, now, part of the flow of life.



## NEW BRAIN CAPACITY

Our brains have the capacity to imagine, have complex language and be creative. But also the ability to ruminate and worry.



## NOT YOUR FAULT

So it is not our fault that our brains get caught up in anxious or depressive loops. The brain is a tricky thing. But we can take responsibility for it by using wisdom and compassion.

## STEP 01



## STEP 02



## STEP 03



## STEP 04



## STEP 05



## HUMAN BRAIN

We have a brain that we did not design, but which was developed through thousands of years of evolution.



## SHAPED

We are shaped by the family we are born into, which we did not choose. Ask yourself this: "Would the same version of me exist if I was kidnapped by the mafia as a 3 year old baby?"

