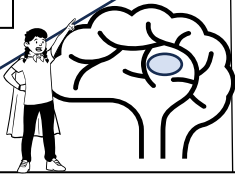


Defeating an AMY Hijack: Spot Your Clues!

Pro Tip: If you can catch the clues of an AMY takeover in this stage, you can use strategies to restore thinking to your PFC and help your body to get back to feeling comfortable again!

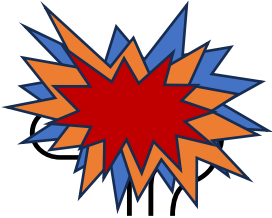
COMFORTABLE: Your pre-frontal cortex (PFC), the command centre of your brain, is in control and you think clear, easy, helpful thoughts. Your amygdala (AMY), the brain's danger alarm, is relaxed and so is your body.



Why am I shrinking?



UNCOMFORTABLE: Warning signs of a bigger emotion. AMY thinks there may be a threat or problem and begins to take over your PFC so it is harder to think or change your focus. Your body prepares to react.



EXTREME DISCOMFORT: Loss of control and overwhelming emotions as AMY shuts down your PFC, sending signals to your body to protect you by reacting with fight, flight, freeze, or fawn.

| | | | |
|---|--|--|--|
| Feeling | | | |
| Words / Thoughts | | | |
| Body Clues / Actions | | | |
| What Helps <i>(Tools, Breaks, Self-Talk, or What Others Can Do)</i> | | | |