

Non-violent Action: A Force for Change

Lesson Plan 2

Personal Power - Part 2

Non-violent Action: A Force for Change

Lesson Plan 3

Understanding the link between Vulnerability, Anger & Violence

Triune Brain Model

This is a simplified model of the structure of the brain formulated by neuroscientist Paul D. MacLean in the 1960s.

REPTILIAN SURVIVAL BRAIN

MOBILISING

Flock,
Fight,
Flight



SURVIVAL
Core functions heart & lungs
Energy States of Arousal

MAINTENANCE
Food, shelter, Safety,
Reproduction

BASIC "NEEDS"
Safety & Avoiding Harm

IMMOBILISING
Freeze, Flop & Drop



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MAMMALIAN OR FEELING BRAIN

EMOTIONS



Evokes Motion



**Learning,
Memory & Decision Making
Reward & Motivation**

**BASIC “NEEDS”
Satisfaction & Reward**

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NEO-CORTEX or THINKING BRAIN

**INTEGRATION &
REGULATION**
Attention, Feelings,
Desires, Empathy

MENTAL FUNCTIONS
Think, Reflect, Plan,
Analyse, Imagine,
Problem Solve

**Self-Awareness,
Moral Awareness
& Insight**

Language

BASIC "NEEDS"
Connection &
attachment to others

80 milliseecs
to register
EMOTION

250 milliseecs
to register
THOUGHT

AMYGDALA

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Anger and Our Brain

The Amygdala - Handles emotions and stores emotional memories; when hijacked amygdala floods the body with stress hormones

Pre-frontal cortex - Handles judgement

With practice we can over-ride the “amygdala hijack” and calm it down. Any activity that creates “time-out space” allows time for these two responses to balance themselves out

FEELING SAFE MATTERS

HOW WE PROCESS OUR EXPERIENCES

1. Am I safe? What do I **FEEL** about this?
2. Have I experienced this before?
Can I **CONNECT** or must I **PROTECT**?
3. My **THINKING** - What are my options?
4. My **BEHAVIOUR** – what I choose to do

FEELING SAFE MATTERS

- What we **Feel** = gateway to our **Thinking**
- Our Feelings are always **ON**
- **Feelings** are simply messages about our internal state

FEELING SAFE MATTERS

Feeling Safe underpins

- Our well-being
- Our ability to learn
- Our capacity to **RESPOND** rather than **REACT**

We are FEELING animals that can Think

HOW WE LEARN

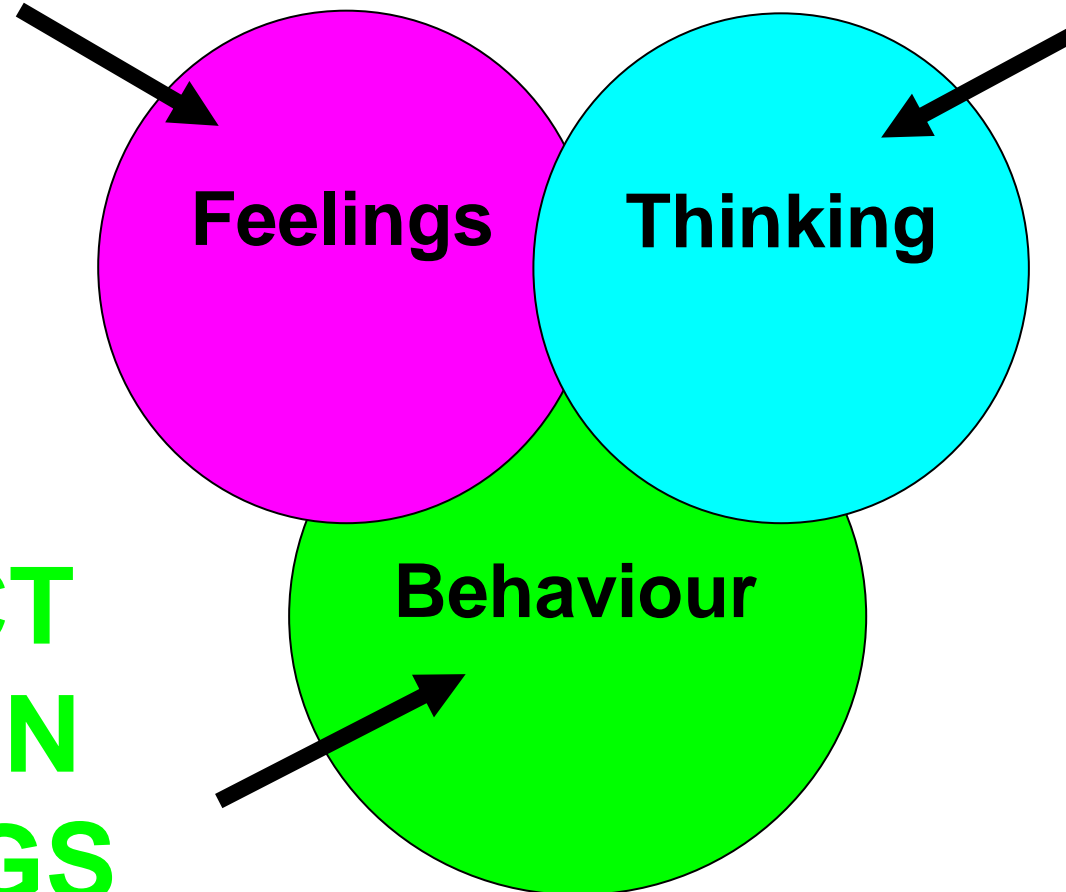
- We **LEARN** - by connecting brain cells or neurons
- This happens through simple act of **DOING**
- **REPETITION** turns learning into **HABITS**
- The repetition can be **REAL** or **IMAGINED** as doing & thinking are same to the brain

Feeling, Thinking & Behaviour for maximum personal power

**STOP &
NOTICE**

**MAKE A
CHOICE**

**REFLECT
BACK ON
FEELINGS**



Feelings, Thinking & Behaviour for maximum personal power

- **Feelings** are messages from our body about our internal state
 - **Thinking** can help us with our F & B
- **Behaviour** is choice with an effect on us and others
- Equal amounts of Feelings, Thinking & Behaviour gives us maximum **Personal Power**