

HAND MODEL OF THE BRAIN

COMPARING 2 TYPES OF COGNITIVE STATES



Hand Model
of the Brain

Thumb

EMOTIONAL BRAIN

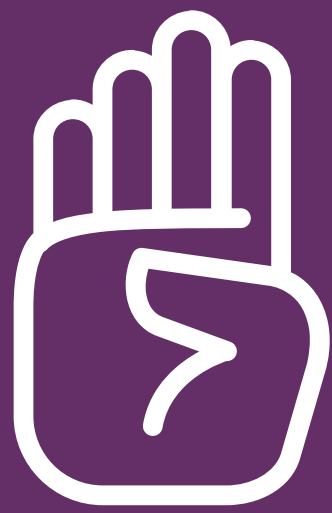
Emotions are processed
and Fight/Flight/Freeze
response is triggered.

Fingers

RATIONAL BRAIN

Thinking and problem-
solving skills are
processed.

- In this cognitive state,
all parts of the brain
are working together
- We can approach and
navigate situations
logically
- We feel safe



"Flipping our Lid"

How Our Brain Functions When Triggered by Stress

- In this cognitive state,
the EMOTIONAL BRAIN
and RATIONAL BRAIN
are not connected or
communicating
effectively.
- We are not able to
access the logical,
problem-solving part
of the brain.
- Our emotions override
our ability to think
clearly.

Information adapted from:
<https://www.drdansiegel.com/>