

**"Thinking about Thinking"**

**Higher Reasoning**

**Executive Function**

## **Prefrontal Cortex**

**9 Functions of the Prefrontal Cortex**

1. Empathy
2. Insight
3. Response Flexibility
4. Emotion Regulation
5. Body Regulation
6. Morality
7. Intuition
8. Attuned Communication
9. Fear Modulation



## **Limbic Brain**

1. Fight, flight, freeze stress response
2. Thinks, "Am I safe? Do people want me?"
3. Emotions live here