

# Limbic system reactions

**Danger**



*Fight*  
*Flee*  
*Freeze*  
*Hide*  
*Submit*

Cingulate cortex

Septal area

Hypothalamus

Hippocampus

Amygdala



**Safety**



*Play*  
*Nurture*  
*Mate*  
*Create*

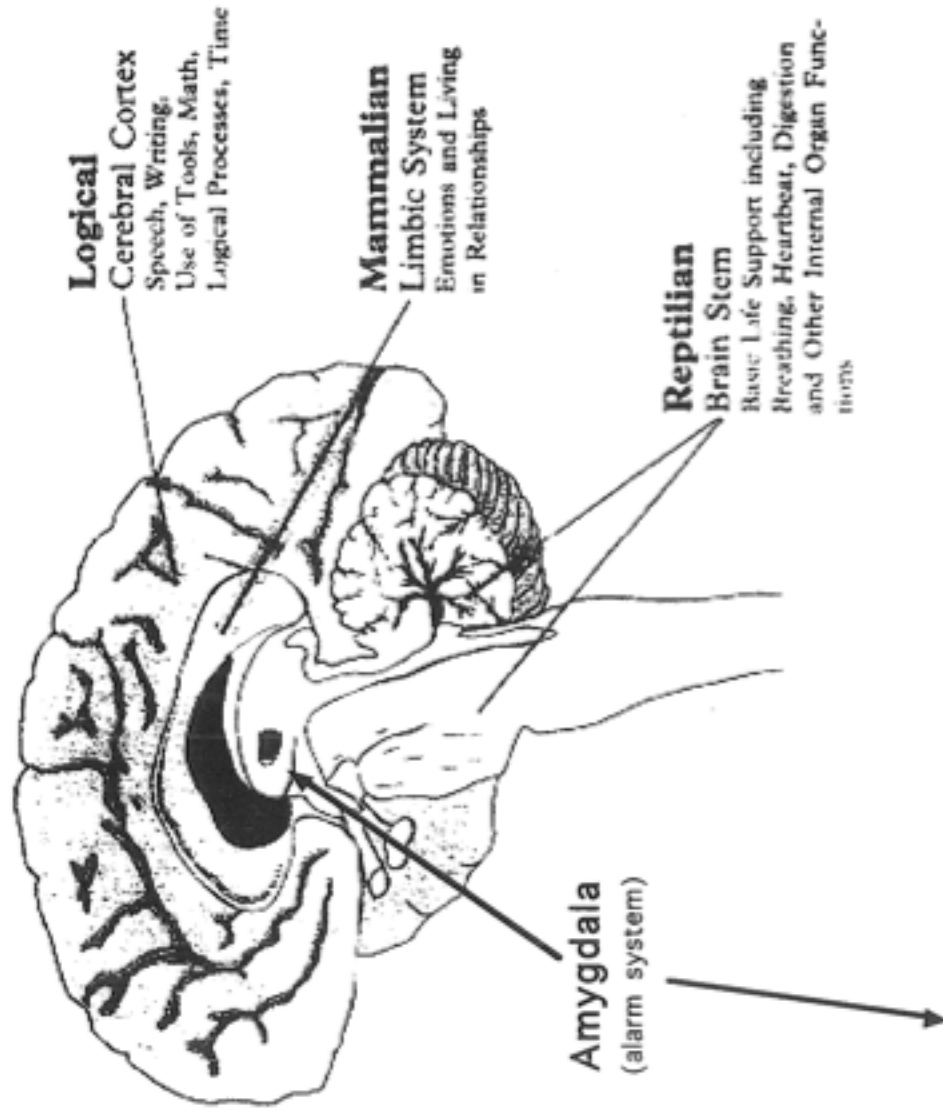
**We must consciously work against hardwired danger signals in intimate relationships**







## The Three Parts of the Brain\*



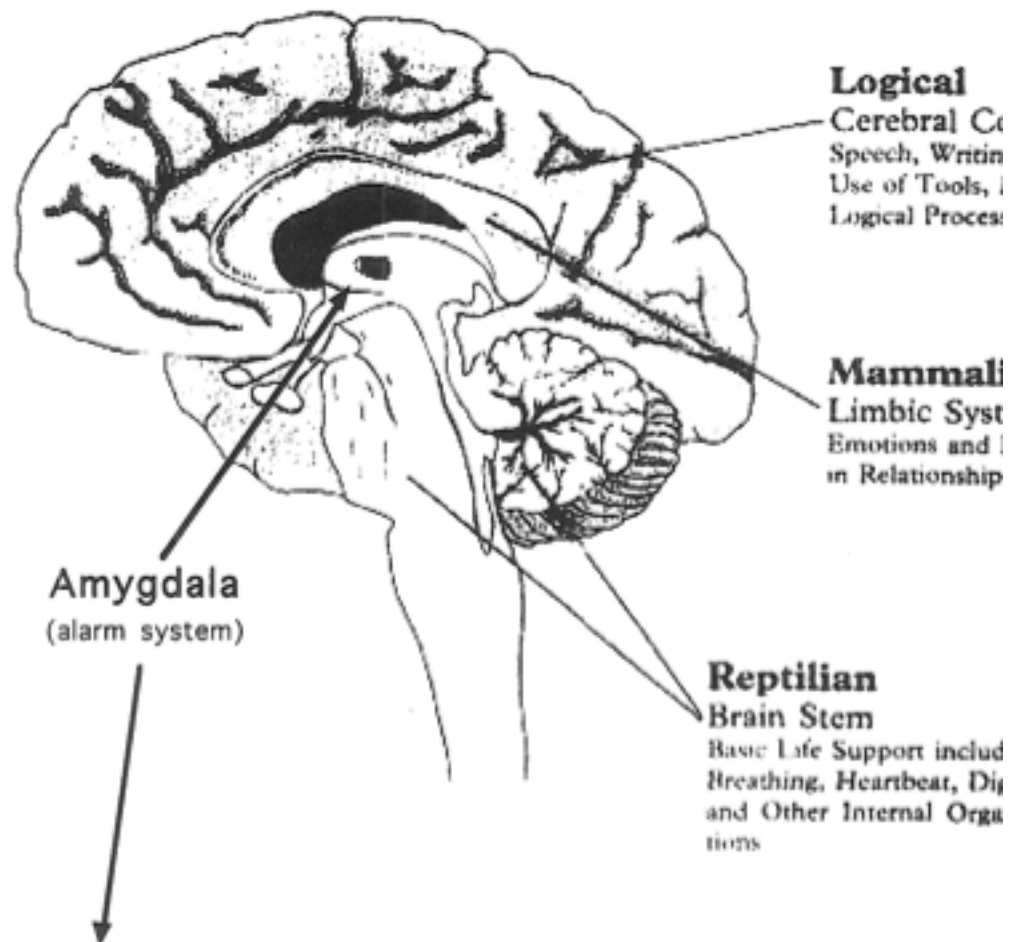








## The Three Parts of the Brain\*



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**Survival:** If something is dangerous, we will fight, flee, play dead or freeze, hide or  
If it is safe, we will play with it, nurture it, mate with it, work or be creative.

\*Based on MacLean (1964).

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