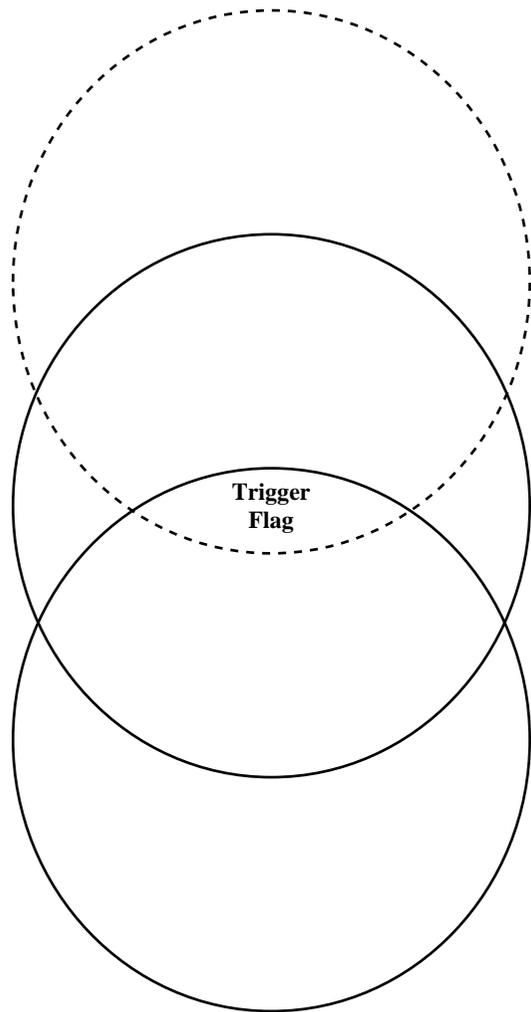


# The Human Reflective Mind, Reactive Brain and Reactive Body Model



**Introduction:** This model describes two streams of neural activity (Reactive and Reflective) and their interaction with each other and our Reactive Bodies without the complex concepts or language that experts in the field of the human mind/brain/body system need to use in their research and communication with each other. The Rainbow Map builds on this model by providing a therapeutic tool that enables us to develop an expertise in recognising and differentiating these streams of interacting neural activity and physical sensations as our system triggers into a survival state: fight and/or flight and/or hide/freeze.

← **Reflective Mind:** Influences the Reactive Brain/Body system in terms of what is felt, said and done through an ongoing cycle of enquiry, recall, comparison and moderation. The Reflective Mind's capacity to influence mood/behaviour declines, sometimes very quickly, when the Reactive Brain/Body system triggers into a survival state.

← **Reactive Brain:** Constantly reacting to what is happening within and around our bodies. Generating and interacting with the emotions, wishes, thoughts and sensations being experienced from moment to moment. The Reactive Brain is constantly alert to threats whether real or imaginary, ready to trigger itself and the Reactive Body into a survival state which becomes more intense and compulsive (automatic) as the moderating influence of the Reflective Mind declines.

← **Reactive Body:** Covered in skin containing blood, bones, muscles, nerves, organs etc. Continuously exchanging information with the Reactive Brain through our sensory organs, the blood stream and nervous system, some of which the Reflective Mind notices such as the Trigger Flag.

**Summary:** The Reactive Brain/Body system is constantly ready to be triggered by the Reactive Brain into interacting spirals of intensifying survival orientated emotions, wishes, thoughts and sensations. This in turn reduces the moderating effects of the Reflective Mind over our mood/behaviour unless it can notice its influence declining early enough to activate resources to counter the triggering. The interaction of all three elements generates our conscious selves when the Reflective Mind is part of the mix.

Our personalities and capabilities evolve through the interaction of our genetics, our Reflective Mind and Reactive Brain/Body system and the world around and within us from moment to moment.