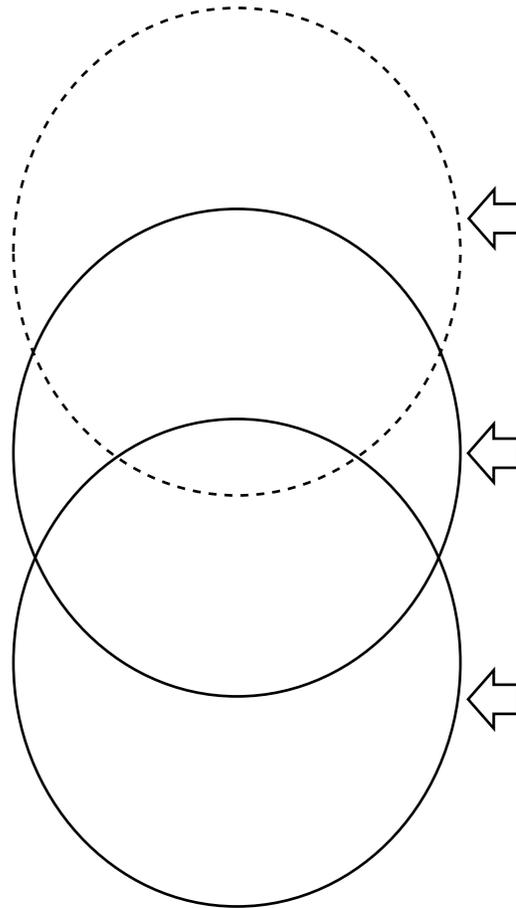


## The Human Reflective/Reactive Brain/Body Model and the Rainbow Map

**Introduction:** This model describes two interacting streams of neural activity, Reflective and Reactive, and their relationship with our Reactive Bodies. The Rainbow Map builds on this model by offering a therapeutic tool designed to help us develop expertise in recognising and distinguishing between these streams of neural activity, particularly when we trigger into a survival state: fight, flight, freeze, and/or hide.



**Reflective Brain:** Active when our neural activity supports a cycle of enquiry, recall, comparison, and moderation, giving us choice in what we say and do. However, the reflective capacity of our brain can diminish, sometimes rapidly, when the Reactive Brain/Body system is triggered into a survival state.

**Reactive Brain:** The Reactive Brain is constantly responding to internal and external stimuli. It generates and interacts with our emotions, thoughts, and sensations in real time. Always alert to perceived threats—whether real or imagined—it can trigger both itself and the Reactive Body into a survival state. As this state intensifies, the moderating influence of the Reflective Brain declines, and behaviour becomes increasingly compulsive.

**Reactive Body:** Made up of skin, blood, muscles, bones, nerves, and organs, the Reactive Body continuously exchanges information with the Reactive Brain via the sensory organs, bloodstream, and nervous system.

**Summary:** The Reactive Brain/Body system is always primed to be activated by the Reactive Brain into interacting spirals of survival-orientated emotions, thoughts, and sensations. When this happens, the moderating capacity of our Reflective Brain over these inner experiences declines, and our behaviour becomes increasingly compulsive.

The Rainbow Map is an interactive tool that enables us to move from an undifferentiated to a differentiated form of Reflective/Reactive Brain/Body self-awareness. This creates a wide range of therapeutic opportunities to refine existing and develop new resources that raise the level of comfort we can experience within and around us and exert more choice in what we say and do.