

# Above/Below the line

How to locate ourselves emotionally and create choice



# Agenda

- What are emotions?
- Fight, Flight, Freeze and Fawn
- Emotional, Cognitive/Conscious, Computer
- Above/Below the line
- Recap
- Takeaways



# What are the core emotions?

- Fear
- Joy
- Anger
- Sadness

No emotion is good or bad, although we may judge our experiences while feeling these emotions as such

These emotions give us data about how we are experiencing the world at any given moment



# What are our most basic responses to the core emotions?

- Fight
  - Physically or emotionally/verbally
- Flight
  - Run away/disengage
- Freeze
  - Hide/get stuck
- Fawn
  - Placate/appease

How did these responses serve us in tribal times? How do they serve or not serve us now in the modern world?

# How our brain reacts to stimulus

- Emotional/animal
  - What we feel/instinctual responses
- Cognitive/consciousness
  - What we think
- Computer/automated responses
  - Memories/stored responses



# Recap

- What are the core emotions?
- What are our most basic responses?
- How we process stimulus
- Above/Below the line model
- Being conscious of choosing to move above “The Line”



# Takeaways and Reflections

What are your top three takeaways?

What is one thing can you implement immediately?

Questions?

