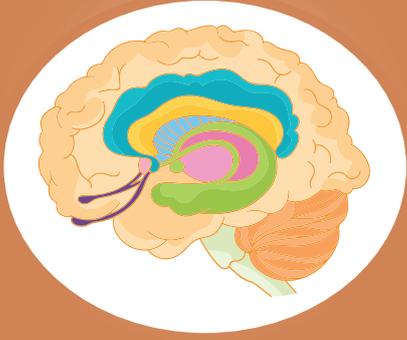


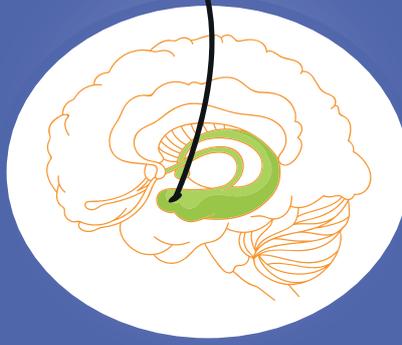
## The Limbic Brain



The brain is 1.5kg, with around 150 Billion nerve cells that make an average of 1000 connections each. The Limbic Brain is the Social Cognition System (SCS) of humans. Using the limbic system, humans gain emotional intelligence and delayed gratification.

The scenario of seeing the last chocolate and the process each of the SCS components have to make.

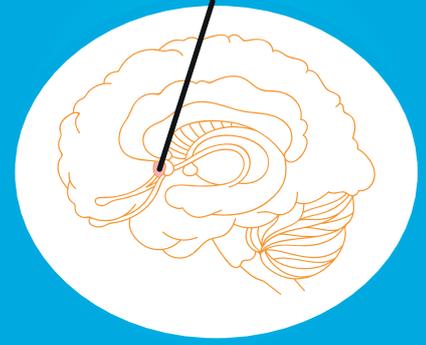
## Amygdala



The basic survival structure with the priority of keeping you alive. Only cares about threat or reward with the reaction being, hit, take or run. It has no concept of consequence, past or future. Primary SCS from birth until around 8-9 months.

'Quick, grab it, we want the last chocolate, it's food and tastes good!'

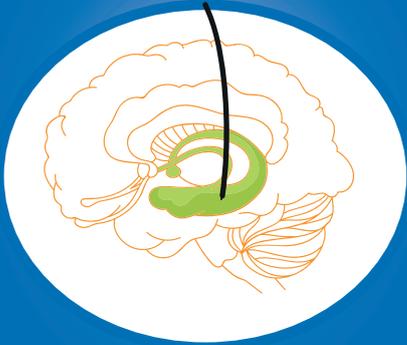
## Septate Nucleus



The first structure that makes choices about what you do. This develops around 8-9 months old as it overrides the Amygdala and introduces a pause into the decisions we make.

'Wait! Don't grab it just yet.'

## Hippocampi



With one in each hemisphere of the brain, the first thing this structure does is store short term memories. The second is relating events together with emotional context. This helps us to recall familiar situations.

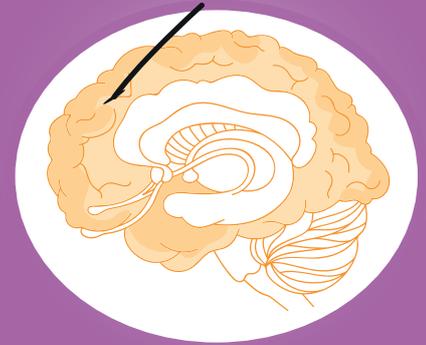
'The last time we didnt take the chocolate, we got an even better reward on the way home!'

## Cingulate gyrus



This structure is linked with instincts and helps with understanding what and why you are feeling certain emotions. 'Got a feeling about something but can't quite explain it'

## Frontal Cortex



This is complex brain structure and deals with conscience, morality, ethics and personality. It is responsible for complex choices about social interactions and can think about best reward/ least punishment from a situation. Overrides the Amygdala and develops around 2-3 Years old.

'Let's not take the last chocolate so that we get a bigger chocolate bar on the way home as a reward from mum!'