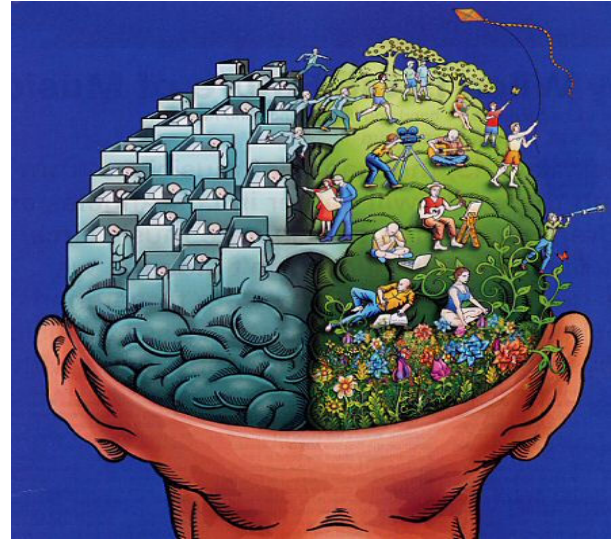
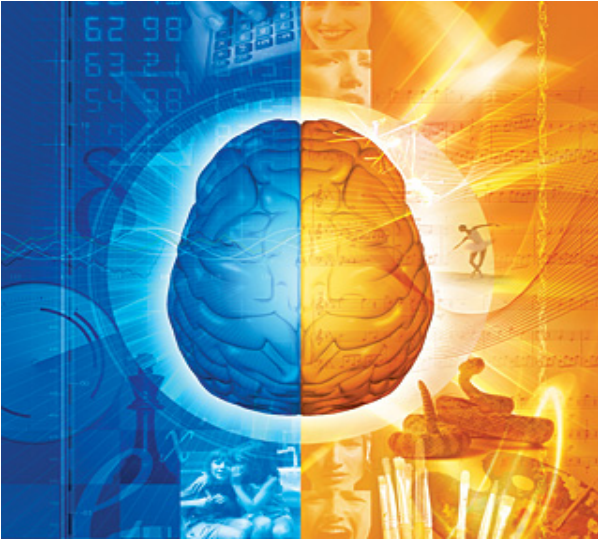


THE LEFT AND RIGHT HEMISPHERES



| LEFT HEMISPHERE | RIGHT HEMISPHERE |
|--|--|
| <ul style="list-style-type: none"> • Logical—cause and effect/how do things work • Linear • Literal • Practical language • Making sense • Social self • Spoken/lived narrative • Detail monitoring • Analytic problem-solving • Fact accumulation • Chalkboard of the mind/working memory • Adding to regulation • Handling familiar • Moderate levels of stress | <ul style="list-style-type: none"> • Attunement • Voice quality/eye gaze • Touch and gesture • Circuits of attachment • Integrated map of body • Affective experience • Experience of self beginning of regulation • Empathic resonance • Implicit memory • Felt autobiographical narrative • Intuition/morality • Metaphorical language • Rapid processing of novelty • Severe levels of stress |

Non-Life Serving, Left-Brain Strategies for Staying Within Range of Tolerance:

Assuming moral superiority; Logic-based defensiveness or attacks; Sarcasm; Denying; Education; Judgements; Blame; Comparisons; Mild derogatory self-talk; Withholding privileges or resources; Letting go of agreements without dialogue; fantasizing about other partners or other lives... Leads to Rigidity.

Life-Serving, Left-Brain Strategies for Staying Within Range of Tolerance and Returning to Self-Connection:

Getting clear on observations; starting and directing the self-empathy process; implementing self-connection strategies: mindfulness, nature...

Non-Life Serving, Right-Brain Strategies for Staying Within Range of Tolerance:

Gossip; criticism of others behind their back; clinging; re-telling our story; mild confusion; medium levels of derogatory self-talk; verbal attacks; asking for reassurance... Leads to Chaos.

Life-Serving, Right-Brain Strategies for Staying Within Range of Tolerance and Returning to Self-Connection:

Getting empathy and attuned support, deep empathy and transformational processes, kind mindfulness...