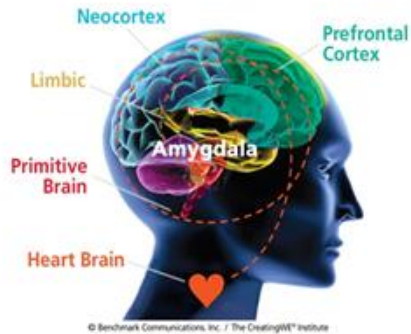


WISDOM OF THE 5 BRAINS



Amygdala Hijack At the Moment of Contact

Emotional responses that are:

1. Overwhelming
2. Out of measure with the stimulus that caused it
3. Likely to lead to later regret
4. Acting as your internal alarm/smoke detector
5. Survival mechanism

Calm your mind

- Meditation
- Mindfulness
- Management of Self
- Mitigation of Story

(References: Daniel Goleman Emotional Intelligence, Judith E. Glaser Conversational Intelligence®)



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Five Powerful Questions* To Recover From an Amygdala Hijack

Wait 5 seconds after each question to refocus your thoughts

1. **What am I thinking?**
(5 seconds)
2. **What am I feeling?**
(5 seconds)
3. **What do I want?**
(5 seconds)
4. **How am I getting in my way?**
(5 seconds)
5. **What do I need to do differently?**
(5 seconds)



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Barb Girson, RCC™

Strategist | Speaker | Trainer |
ICF Credentialed Professional Coach
BeyondSalesTactics.com

614.561.0632 | BarbGirson@gmail.com

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*Reference: What Was I Thinking? Handling the Hijack By
Dr. Rely Nadler, CEO, True North 2009 July
www.hismanagement.com