



Your brain is 300,000 years out of date

		
Reality You're being yelled at. Your heart is racing. Your palms are sweaty. Your face is burning. <i>You want to run!</i>	Perception Your brain responds to all those signals and panics. It hears "Tiger! AAHHHH!" It wants to keep you alive. <i>You're in survival mode!</i>	Realisation You feel uncomfortable, but you're safe. You breathe deeply and self-regulate. <i>You want to have your say</i>

Your brain receives your body's signals and interprets them as danger - it doesn't check whether the threat is actually life-threatening. It just instantly primes you for fight, flight, freeze or fawn.

Your reaction this time will be based on how you reacted in all of your previous run-ins with 'danger'. Your brain is a prediction machine, and it has one job - to keep you alive. But this super-fast reaction is often disproportionate, and even unwelcome, especially when you're just trying to get through the day and are challenged, interrupted, misunderstood, or met with resistance at home or at work.

In survival mode your thinking becomes more rigid and black-and-white. You aren't able to see a wider perspective, think flexibly or problem solve. You're also more likely to behave in ways you may later regret.

Can you honestly say this sort of reaction serves you well?

Through the work you will do in The Coaching Bubble, you'll come to understand what's happening in your body and how to work *with* your brain and your nervous system, rather than be hijacked by them.

When you self-regulate your brain re-calibrates. Your prefrontal cortex (the thinking part) comes back online. You literally shift your thinking from running on outdated hardware to an upgraded, modern, fit-for-purpose operating system. You regain access to clarity, perspective, and choice. And from that regulated state, you can respond appropriately to the *actual* situation in front of you.



I call this the Behaviour-First Model for Change™

Regulate the body → shift behaviour → update the brain's predictions.

Lack of willpower was never the problem. Your brain will never allow you to change your behaviour if it believes you aren't safe. But staying safe (alive) just isn't nuanced enough when you're trying to get your point across, have a difficult conversation, stay calm at home or at work, negotiate with a toddler, stick to a new exercise plan or change unhelpful habits.

Lasting change only becomes possible when you make tiny changes, repeated and repeated more, so your brain learns this new behaviour is okay, its safe. Only then will it start making predictions based on this updated information.