



WSC- Framework: 3 Brains

30 second summary:

- ✔ **Summary:** Get the gist of the 3 brain framework in a very practical way and under 10 minutes
- ✔ **Main Outcome:** A simple and agile framework to better manage your emotions, reduce your stress, and focus on your priorities
- ✔ **Top Benefit(s):** You get more aware of your unhealthy triggers, stressors, and beliefs, so you can rewire them to your advantage and deliver more performance for you and others
- ✔ **Next Steps:** Apply this framework every time you feel triggered or during your habits (morning/evening / weekly/daily reviews).
- ✔ **Duration:** 10 minutes.
- ✔ **Target Audience:** Anybody willing to reduce stress and anxiety and enjoy their days more

Why it works

✔ Before:

When we ask our clients to describe what drives most of their stress and issues, we hear things like: “I know what I need to do , and I want to, but at the end of the day, it just does not happen: it feels like there is something in my way, like a “black box” inside of me that wants one thing but does another one; as a result, I often feel stressed, guilty or angry and sometimes even too ashamed to share with others”.

✔ After:

The “3 Brain framework” proposes a rational way to understand the irrational: it compares the “black box” above as your body with 3 different brains (the “Rational”, the “Emotional” and the “Reptilian”). By considering your 3 brains different goals, behaviors and languages, you are able to make them work together “as a team” which reduces your triggers and aligns what you do with what you think. As a result, you feel less triggered, stressed and more focused with a greater level of efficiency and purpose.

Brain	Where is it?	Its main goal?	How it communicates?	What it does for me?	History?
Rational	In my HEAD  HEAD BRAIN	Be right and logical	with words, thoughts	Plans, rationalizes, complies to standards, helps me think and speak to others	Most recent; only some species have it developed (dolphins, elephants, ...)
Emotional	Around my Heart  HEART BRAIN	Bond with others	with feelings and emotions (love, sadness, victim mode...)	Creates and maintains stronger and healthier relationship with others	Came with birds: first animals to see and care for their offsprings
Reptilian	In my Guts  GUT BRAIN	Keep me alive	with fears, emotions and through flight/fight/freeze behavior	It manages ego, thirst, hunger, libido, and most importantly my survival, that it protects by triggering very fast without asking for permission	Oldest: came before dinosaurs when animals were driven by survivals and "eat or be eaten" rules



TO DO

✔ **Close my eyes**

✔ **5m: Body scan**

Set a 5 minute timer:

I Imagine a golf ball that I make move inside your body;

I notice my thoughts and feelings throughout the experience and ask myself which of my Brains is talking.

I try to not make sense, but focus on awareness.

✔ **5m: Connect your Brains to your Emotions**

Set a 5 minute timer

I think of my intense emotions in the last 24 hours

I assess which brain(s) were in charge and imagine the dialogue with the other brain(s).

I try to not judge but come from a mindset of curiosity.

✔ **5m: Reflect**

Set a 5 minute timer

I reflect on how I felt through the experience, my findings, my questions

I record my next steps in my task backlog

✔ **Optional:**

Read the 3 Brain framework again to make it sink at Emotional and Reptilian levels

NOT DO

✔ **Stop after this read as results will mainly come from deliberate practice (and trial and error)**

✔ **Believe I “get it” because it “makes senses”: My Emotional and Reptilian Brains rarely make sense and that is better this way!**

✔ **Spend another 2+ hours reading the complex theory of the 3 Brains, also known as the “triune brain” theory:**
Even if I do not agree or accept everything in the Theory, I want to use it as a Metaphor that simplifies the irrational inner chaos of my brain into some rational clarity that I use to drive my transformation.



Your next 2 weeks' steps

✔ **Start NOW or schedule your first try:**

Apply TO DO right away (<30 minutes)

Once done, decide your commitment for the next 2 weeks

How are you feeling right after? Compared to before? What was the value for you?

What to adjust for you to commit for 2 weeks?

Visualize the next time you apply it and how you would like to feel

Celebrate that you have tried something new

✔ **Build your habit (-> more practice -> more results)**

Model: After [OTHER CURRENT HABIT] and at/when [TIME], I will [NEW HABIT] in [LOCATION].

Example: The next 2 Fridays, in the afternoon, I will look at my calendar, and open the “3B” timeslot; and I will imagine myself reading through this page, reflecting on how it positively changed things for me already and feeling excited about this additional awareness that will make me less stressed and more efficient.

Print your sticky habit

✔ **Total time:**

2 X 15 min = 30m in 2 weeks

✔ **How you measure success:**

You have applied at least 2X times in the next 2 weeks

✔ **What value you can expect:**

Less stress or internal chatter; feel hopeful and connect different experiences together

✔ **How to get started:**

Print and fill your Habit template then apply right away