

Talking to your Primitive Brain

Sometimes, when the primitive part of your brain is loud — worrying, criticising, or overreacting — it can feel like it takes over.

One way to take back control is to **give it a name**.

- Choose a name that feels right for you. It could be something playful (like “Fred” or “Doris”), or something that helps you recognise it’s *not you* — just that part of your brain trying to protect you.
- When you notice anxious or unhelpful thoughts, you can say:

(You can replace “Donkey” with whatever name you have given your own primitive brain.)

“Okay Donkey, I hear you.

I know you are trying to keep me safe, but I don’t actually need that kind of help right now.

You are warning me about things that might go wrong — but I am ok, I am not in danger or crisis.

I have tools I can use to navigate through this moment — my breathing, my anchor, my resources — and they help me handle things calmly.

So thank you, Donkey, for trying... but I have got this.
You can rest, while I get on with what I need to do.