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- **2 BRAINS:** Emotional (**Trick**) + Rational (**Smart**) brain
    - Think of them as stereo systems playing in head
    - If one is loud, the other tends to be quiet
    - When anxious, the trick brain is really loud!  
Problem is that it tries to sound smart , as if it knows what it is talking about but it is full of wrong/false information
    - Need to understand what are the thoughts that are running through head when feeling “off”
    - Figure out which brain is feeding those thoughts (T or S brain)
    - Play detective with emotionally driven (**T brain**) thoughts
    - Look for evidence; what are the alternatives; has this happened before; what ended up happening; what happens to others in this situation?