

## 《大腦也會地震嗎？》

原來大腦地震時，人便難以好好表達！

大腦像一間兩層的房子：上層負責思考、決策；下層負責偵測及回應危機。

狀態平穩時，上、下層腦緊密連結，讓人有效接收資訊、表達自己，作出合適的決策。

當感到不安時，下層腦開始不穩，就像地震，整間房子一同搖晃 - 下層難以連結，上層腦便無法運作。

以下的小方法可以協助你平穩大腦：



# 大腦也會地震嗎？

JUST FEEL

**上層腦  
(理性腦)**

**下層腦  
(情緒腦)**

**平穩大腦有方法：**

- 1 減少說4D語言：**  
聽到 4D 容易覺得受批評，  
感到不安，下層腦會更不穩
- 2 留意彼此的感受狀態**  
人難以在不穩時好好交流，  
這時可以先處理心情，再處理事情

插畫：Jenny Chen

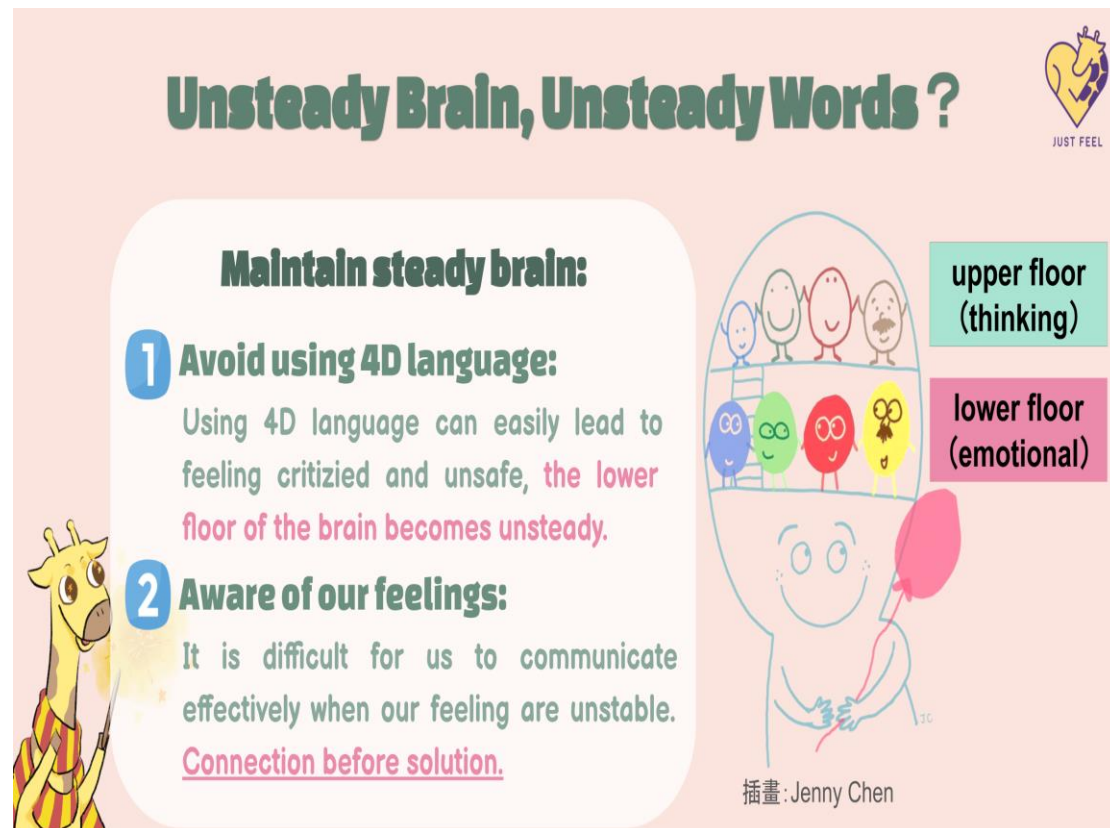
## Unsteady Brain, Unsteady Words?

Imagine your brain as a two-storey house: the upper floor handles thinking and decision-making, while the lower floor detects and responds to potential threats.

When we are emotionally stable, the two floors of the brain maintain a strong connection. This enables us to receive information effectively, express ourselves clearly, and make sound decisions.

However, when we start feeling uneasy and unsafe, the lower floor of the brain becomes unsettles, much like an earthquake. As a result, the entire house shakes, and the connection between the upper and lower floors weakens. Consequently, the upper brain functions suboptimally.

But worry not! We have some quick techniques to help you maintain a steady brain:



**Unsteady Brain, Unsteady Words ?**

**Maintain steady brain:**

- 1 Avoid using 4D language:**  
Using 4D language can easily lead to feeling criticized and unsafe, **the lower floor of the brain becomes unsteady.**
- 2 Aware of our feelings:**  
It is difficult for us to communicate effectively when our feeling are unstable.  
Connection before solution.

upper floor (thinking)

lower floor (emotional)

插畫: Jenny Chen

JUST FEEL