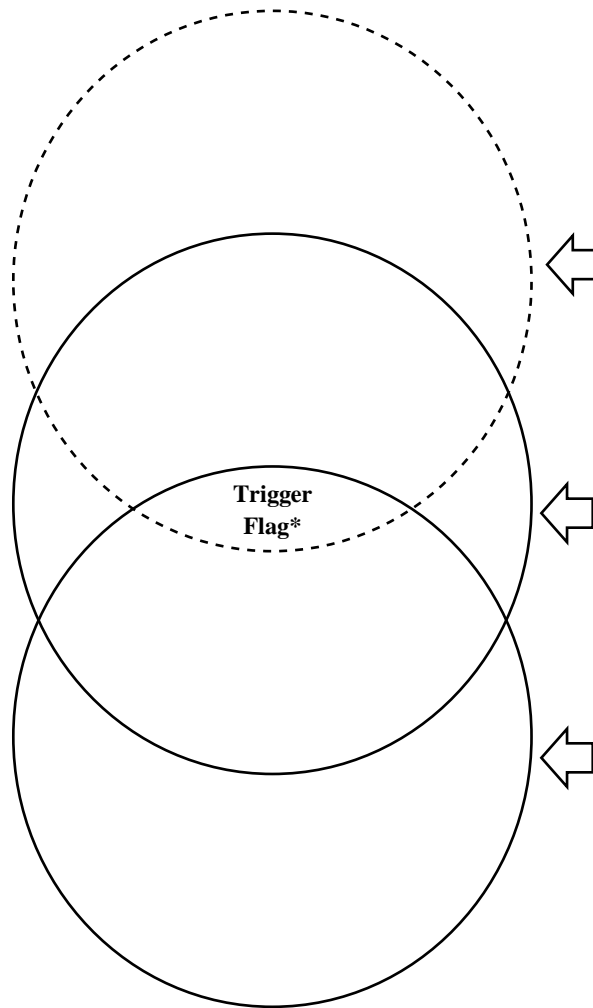


Human Reflective Mind, Reactive Brain and Reactive Body Model

The model below describes two streams of neural activity (Reactive and Reflective) and their interaction with each other and our Reactive Bodies, without the complex concepts or language that experts in the field of the human mind/brain/body system need to use in their research and communication with each other. The Rainbow Map builds on this model by providing a therapeutic tool that enables clients to develop an expertise in recognising and differentiating these streams of interacting neural activity and physical sensations as their system moves through a fight and/or flight and/or hide cycle. How that turns into therapeutic outcomes depends on the modality of your practice and the needs of your clients.



Reflective Mind

In very general terms we can consider our Reflective Mind to be physically located above the middle of our forehead.

When our Reflective Mind is fully available it enables us to balance one thing against another, recall information, command parts of our brain to perform work such as adding numbers, concentrate without being fixated, analyse and weigh up what things mean and what to do or say in a considered way. Its influence rises and falls depending on the extent to which our Reactive Brain & Body are triggered by threat or the need to avoid threat.

When our system becomes triggered our Reflective Mind starts to shut down, sometimes very quickly. Reactive physical, verbal, and emotional responses (fight, flight, hide, play dead) increasingly dominate our behaviour (Triggering) causing unwanted outcomes in our lives at times.

Reactive Brain

Our Reactive Brain lies roughly between the middle of the forehead and the base of the skull. In response to what is happening externally to us and within us, the Reactive Brain continuously and spontaneously recalls memories, generates emotions, wishes, and thoughts which are noticed by our Reflective Mind when we are untriggered and reacted to by our bodies regardless of the extent to which we are triggered. At the same time, it monitors, controls, and reacts to our body through a continuous exchange of electrical & chemical signals.

Reactive Body

Covered in skin, housing our organs and senses all of which automatically exchange electrical and chemical signals with the Reactive Brain, some of which are noticed by our Reflective Mind such as the Trigger Flag*.

When Triggered by a perceived threat the Reactive Body changes in response to electrical and chemical signals from within it and from the Reactive Brain.

* The Trigger Flag is one of the specific outputs of working with the Rainbow Map, another is the Trigger Cycle. See Example Rainbow Map on page 8 which shows "Clenching Jaw" as that person's Trigger Flag. This acts as a reliable early warning sign that their Reflective Mind is starting to shut down as his/her Reactive Brain and Body triggers into survival mode in response to a perceived physical or attachment related triggering experience (See Attachment Related Triggering in the Glossary Page 26).