

## Executive State

Represented by the Prefrontal Lobes



### Functions:

- Impulse control/self-control
- Empathy
- Working memory
- Sustained attention
- Planning, prioritization, initiation
- Organization, time management
- Goal persistence
- Online with, "why?"

### Developmental need:

Problem-solving in social settings



Conscious Discipline

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Conscious Discipline

## Emotional State

Represented by the Limbic System



### Functions:

- Emotional tone, flexible or rigid, positive or negative
- Tags events as internally important
- Motivation system
- Attention system
- Attachment, relationships, territory
- Stores highly charged emotional memories
- Controls appetite and sleep cycles
- Unconscious
- Comes online with, "No!"

### Developmental need:

Connection



Conscious Discipline

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### Developmental need:

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Conscious Discipline

## Survival State

Represented by the Brain Stem



### Functions:

- Survival systems
- Modulate states of arousal
- Unconscious
- Online at birth

### Developmental need:

Safety



Conscious Discipline

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Conscious Discipline