Executive State Represented by the Prefrontal Lobes Functions: Impulse control/selfcontrol Empathy Working memory Sustained attention Planning, prioritization. initiation Organization, time management Goal persistence Online with, "why?" Developmental need: Problem-solving in social settings



Executive State
Represented by the Prefrontal Lobes

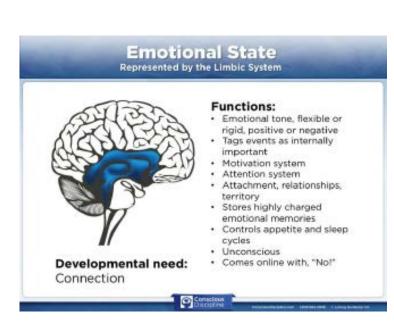
Functions:

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

Developmental need:

Problem-solving in social settings







Connection

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!"





Survival State Represented by the Brain Stem Functions: Survival systems Modulate states of arousal + Unconscious · Online at birth Developmental need: Safety

