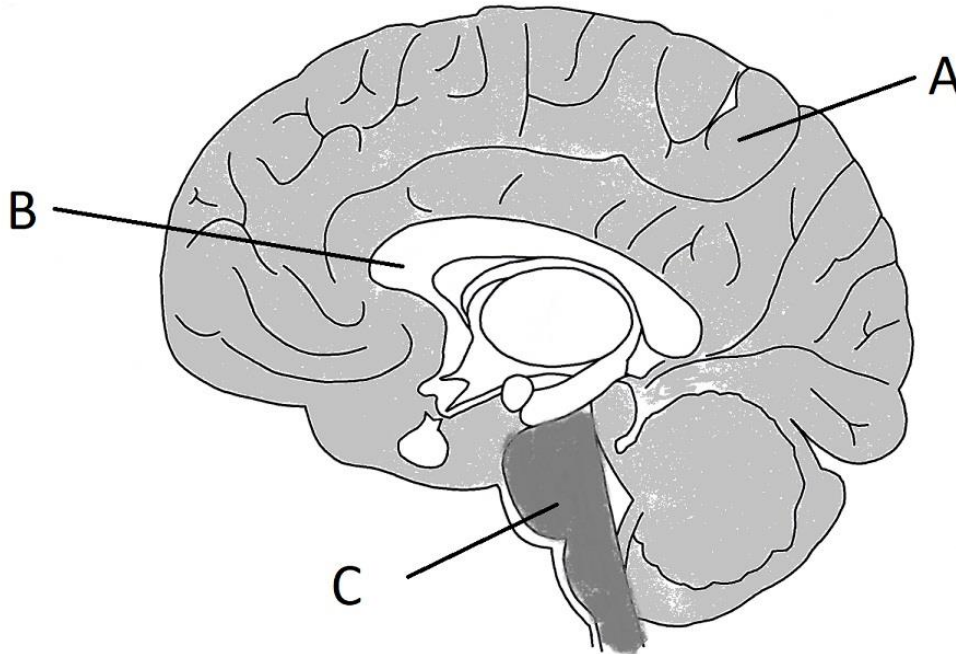

The Brain



The top part (A) in gray, called the cerebrum, is where our brain processes information. We can also call this the **cognitive brain**. This is where the new strategies, methods, and concepts we learn will be processed so that our brain gradually changes and our new habits (all of which will reduce and eliminate anxiety) become automatic and permanent.

The middle part of the brain (B), in white, is the mid-region part of the brain. This is where the limbic system is located. This mid-region area is directly in the center of your brain and sits close to the top of the brainstem (C). This region processes our emotions and is also known as the **emotional brain**.

It is not enough to make changes in the cerebrum or the cognitive part of the brain. We must reach farther down into the brain so that our beliefs, belief systems, feelings, and emotions can be changed. We have only one way of getting healthy, rational, therapeutic thoughts and feelings down into the emotional brain – and that is through calmness, repetition, and reinforcement. This is how we stop panic attacks and keep them from coming back.