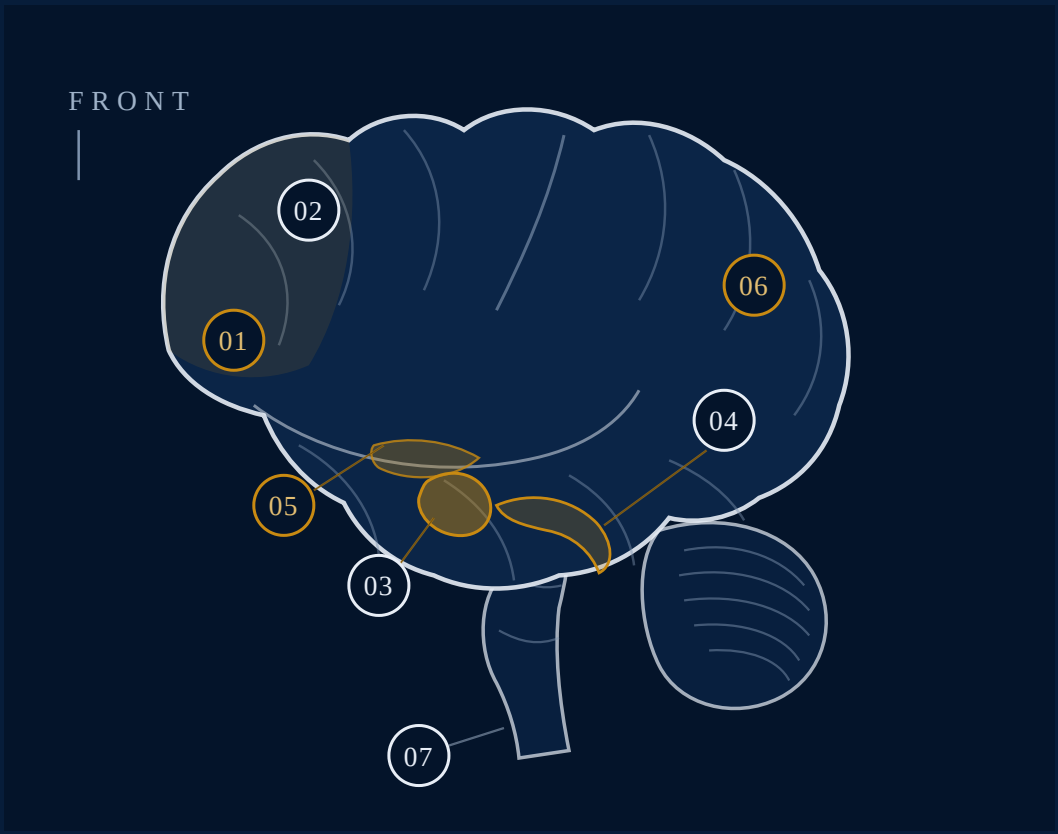


○ SURVIVOR BRAIN — SABOTEUR CIRCUITRY ○ SAGE BRAIN — MENTAL FITNESS CIRCUITRY

REGIONS AND STRUCTURES

01 PREFRONTAL CORTEX — MIDDLE REGION

The Sage brain. Perspective, empathy, calm curiosity, deliberate choice. Activated by attention on the senses, this region interrupts the threat loop and restores access to judgment.

02 PREFRONTAL CORTEX — LEFT REGION

Where the Judge and its accomplices narrate. Rapid labelling, comparison, self-criticism and rehearsal of arguments. Fast, verbal, and convinced it is being helpful.

03 AMYGDALA

The threat alarm. Fires in milliseconds on a look, a tone, a number on a slide — and floods the system before conscious thought arrives. Every Saboteur borrows its urgency.

04 HIPPOCAMPUS

Memory and pattern matching. Supplies the old evidence that makes a present event feel like a past one, which is why familiar triggers land harder than new ones.

05 INSULA

Body awareness and felt empathy. Reading breath, chest and jaw here is the fastest reliable route out of a Saboteur episode — and the source of genuine attunement to others.

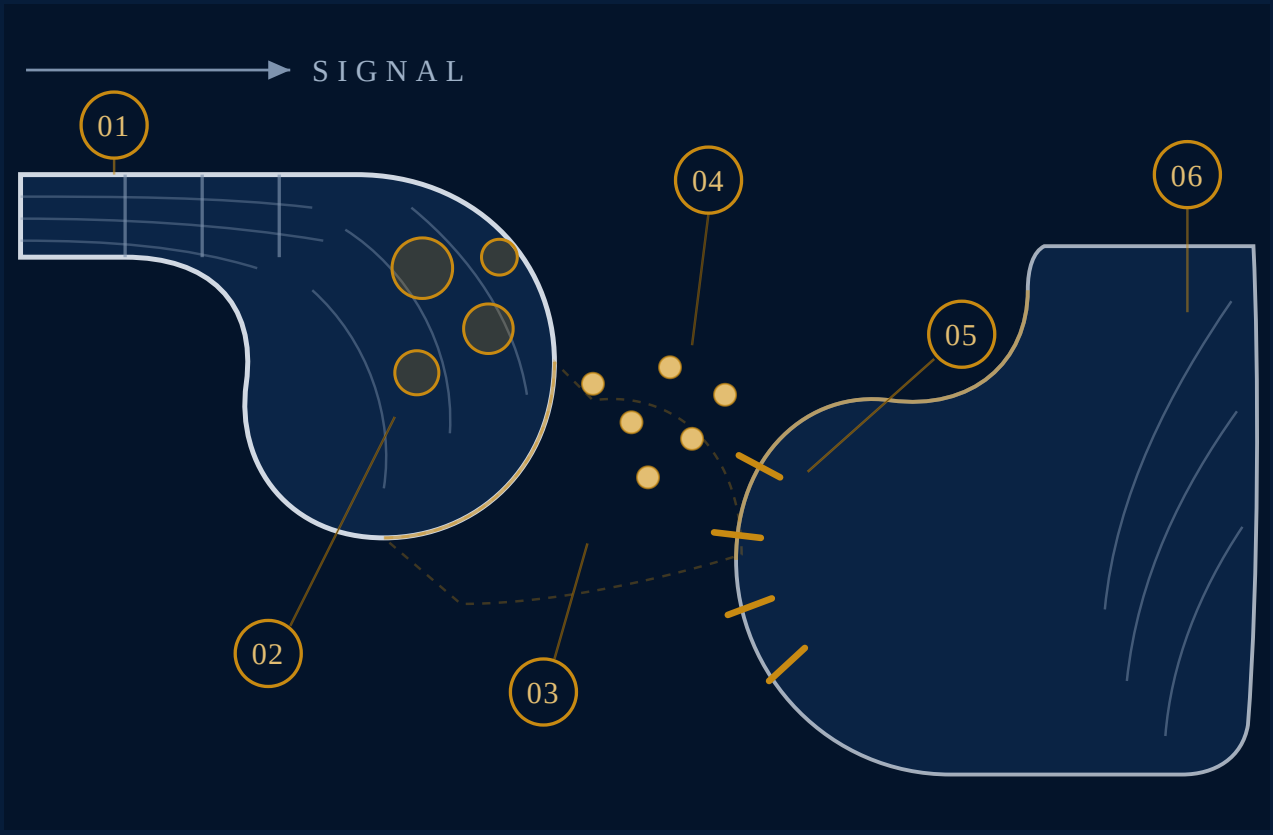
06 RIGHT HEMISPHERE NETWORKS

Whole-picture, context and meaning. Where a decision is weighed against the wider system rather than the immediate threat. Quiet, slower, easily drowned out under stress.

07 BRAIN STEM

Fight, flight and freeze. Heart rate, breath and muscle tension. When leaders describe a meeting as physically exhausting, this is the region that spent it braced.

Schematic, not an anatomical rendering. Regions are shown at approximate positions to illustrate where survivor and Sage activity occur; the Saboteurs are patterns of activation across these circuits, not locations in the brain.



CELL STRUCTURE — SENDING AND RECEIVING NEURON

CHEMICAL SIGNAL AND TRAINABLE RECEIVING SITES

PARTS OF THE JUNCTION

01 AXON
The outgoing cable of the sending neuron. The impulse travels it in milliseconds — faster than deliberate thought, which is why a Saboteur reaction arrives before you notice it.

02 TERMINAL AND VESICLES
The signal releases packets of neurotransmitter held in vesicles. Repetition raises how readily this terminal fires: habit, at the cellular level.

03 SYNAPTIC CLEFT
The gap the chemical signal crosses. The same trigger can open a survivor pathway or, with practice, a Sage one.

04 NEUROTRANSMITTERS
The messengers. Under threat, stress chemistry dominates; under calm attention the mix shifts toward perspective and judgment.

05 RECEPTORS
Docking sites on the receiving neuron. Used pathways grow more receptors and respond more strongly — what you practise becomes your default.

06 RECEIVING DENDRITE
Carries the signal onward. Dendrites grow and prune over weeks of practice; that structural change is what makes a new response feel natural.

Schematic, not a cellular rendering. One neuron holds thousands of these junctions; a single synapse is drawn so the mechanism reads clearly.