

## **We're in the Battles of Our Lives with Our Primitive Brains and We're Losing Them**

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On every front of our existence, we're in a war between our rational and our primitive brains. While our rational brains help to regulate our anxieties by telling us that things are safe and under control, our primitive brains are overwhelmed by unregulated anxieties that prevent us from acting in our best interests.

Unfortunately, there's no better example than the Coronavirus. While our rational brains tell us that we need to continue wearing masks and practice social distancing, our primitive brains rebel by arguing that they are an "infringement on our 'basic liberties'".

While our rational brains tell us that the vaccines for the Virus are both necessary and safe, our primitive brains tell us that they are not.

Most frustrating of all is the fact that our intelligent brains are shut off from having an intelligent conversation with our primitive brains. Indeed, a different form of conversation has to take place.

Instead of cognitive intelligence, which is the basis of the rational brain, emotional intelligence needs to take center stage. Instead of presenting all kinds of rational arguments and data galore, one needs to back off and listen as best as one can. Without supporting them, one needs to understand a person's anxieties and why they exercise such a hold over them. If there is any hope of countering them, they have to be met by a trusted friend who's been gripped by the same anxieties and without preaching, how they've overcome them. Lacking this, I don't see any way to end the war.

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