Thrive 101 – how to hack your brain and tame the inner critic

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HOW CAN YOU DEVELOP THE INNER CONDITIONS OF A COMFORT ZONE IN THE MIDST OF A BUSY LIFE?

START WITH AN INTENTIONAL PAUSE
Growth rarely comes from comfort zones

..... So there is real power in knowing how to develop the inner conditions of a ‘personal safe zone’ during stressful or challenging times.......  

Good to understand how 3 ‘systems’ interact:
1. the neurochemistry of our brain states,
2. triggers in the external environment around us,
3. our mindset about ourselves and the world around us
YOUR BRAIN’S
MOTIVATIONAL STATES
### Safe Brain
- Decision Making
- Executive / Thinking brain
  - What can I learn from this?

### Drive Brain
- Achievement & Emotion
- Limbic/ Feeling brain
  - How do I get things? My tribe?

### Threat Brain
- Instincts & Urges
- Survival / Reptilian / Amygdala
  - Am I safe? Fight, Flight or Freeze
THE COMPLEXITY
OF THE WORLD
4 TRIGGERS OF THREAT BRAIN

Uncertainty
Change
Attention
Struggle

Whether factual or imagined
YOUR INNER WORLD

BELIEFS, ASSUMPTIONS, MINDSETS
ORIENTATIONS, BIASES, MENTAL MODELS
Your inner world

Mindset is a key intervention point
• Growth vs Fixed mindset
• Quieting the inner critic
• Tuning into the inner mentor
GROWTH MINDSET?
INNER MENTOR?
INNER CRITIC!
+
FIXED MINDSET!
WORLD
+
BRAIN
+
MINDSET
Tri-motive Brain Danger Loop

**THREAT Brain States**
- Fight
- Flight
- Freeze.

In this brain state we cannot differentiate between real and imagined ‘threat’. Keeps us ‘safe’, but not so good for growth and ease.

**DRIVE Brain States**
- Most of us will activate Drive Brain to soothe ourselves out of Threat Brain
- A Threat-Drive loop gets established
- OverDrive becomes a risk

**OVER DRIVE Brain States**
- Body and Mind running on stress, adrenaline, cortisol
- Easily leads to addictive loops: workaholism, alcoholism, drugs, overspending, perfectionism, procrastination, victimhood, busywork, aggressive ambition, etc
Tri-motive Brain Resilient Loop

THREAT Brain States

• Fight
• Flight
• Freeze

In this brain state we cannot differentiate between real and imagined ‘threat’

SAFE Brain States

• Rather than jump into DRIVE and then OVERDRIVE
• We quickly access SAFE brain to determine what motivational state is actually needed

This takes self-awareness and practice practice practice

Healthy DRIVE Brain States

• From SAFE brain we determine what action is required and activate DRIVE brain intentionally
HOW TO BUILD OUR CAPACITY TO THRIVE?
I.E. HOW TO MORE OFTEN ACCESS THE RESILIENT LOOP
Grow understanding and awareness of what is
  Naming builds perspective
  Reframing builds in time for regaining control

Cultivate growth mindset
  Curiosity vs staying in the comfort zone
  Quiet the inner critic

Practice 4 elements of Self Compassion
  Mindfulness
  A sense of our common humanity
  Self care
  Clear boundaries

Adopt a gratitude practice
  Simple daily check in with self at start of day and end of day re: 3 simple things you are grateful for
To learn more about the Tri-motive brain:
• *Beyond Threat* by Nelisha Wickremasinghe

To learn more about Self-Compassion:
• *The Self Compassion Workbook* by Kristin Neff

To learn more about Mindset:
• *Growth Mindset* by Carol Dweck
• *Immunity to Change* by Robert Kegan and Lisa Lahey

To learn more about the Inner Critic and the Inner Mentor
• *Play Big* by Tara Mohr
THANK YOU!

FEEL FREE TO EMAIL ME AT DORIAN@DORIANBARONI.COM FOR ADDITIONAL RESOURCES, READINGS, MATERIALS