

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

Dorian-Patrizia Baroni, Class of '81
Founder, Women Agents Of Change & Dorian Baroni LLC



A dramatic sky at sunset or sunrise. The sky is a deep blue, transitioning to a lighter blue near the horizon. There are several large, fluffy white clouds, some of which are illuminated from below by the sun, giving them a golden or orange glow. The sun is partially obscured by a large, dark cloud in the center-right of the frame. The overall mood is serene and contemplative.

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

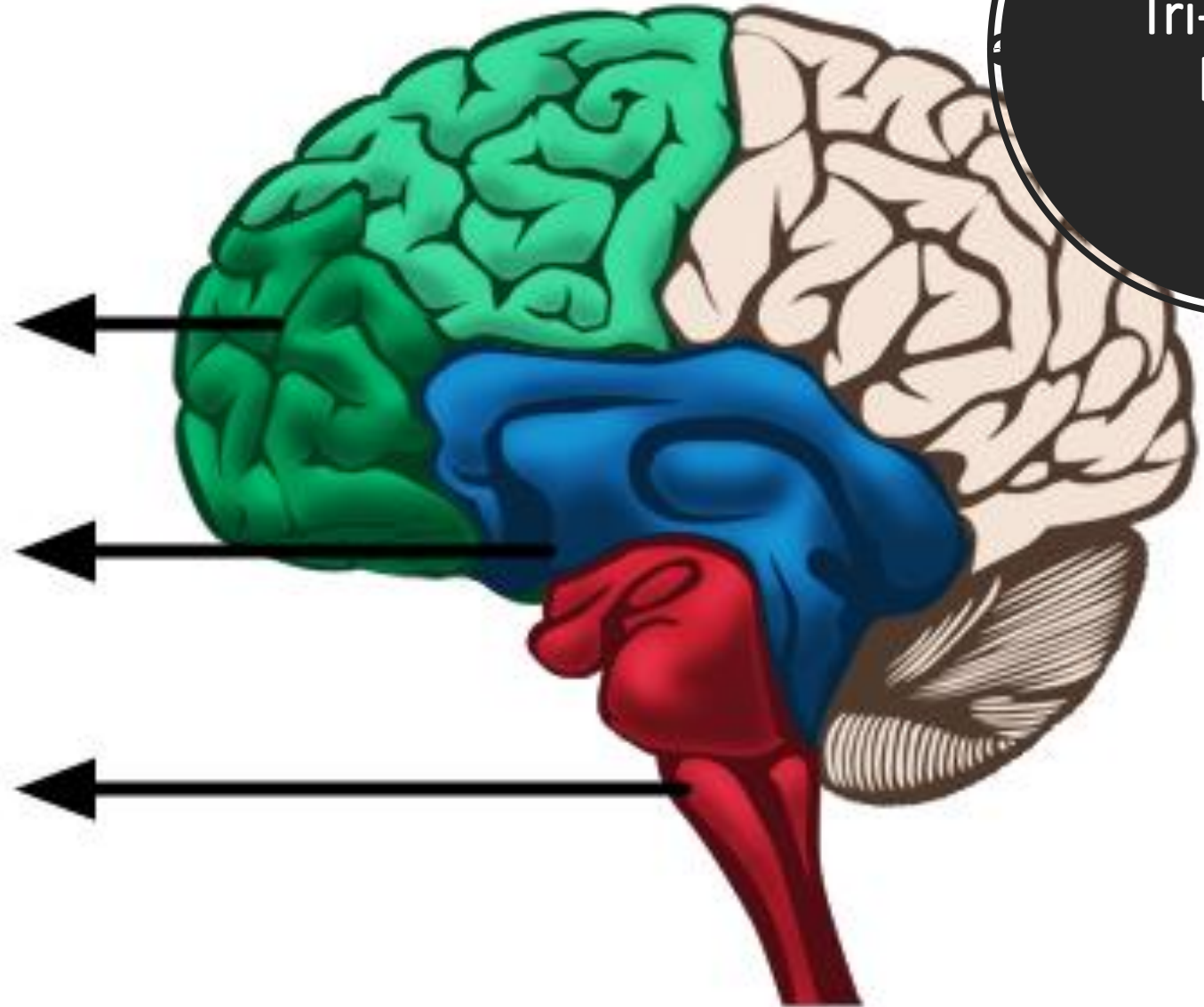
Decision Making
Executive / Thinking brain
What can I learn from this?

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



Tri-motive
brain

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?**



FIXED MINDSET?





INNER CRITIC!
+
FIXED MINDSET!

WORLD

+

BRAIN

+

MINDSET

Tri-motive Brain Danger Loop

THREAT Brain States

- Fight
- Flight
- Freeze.

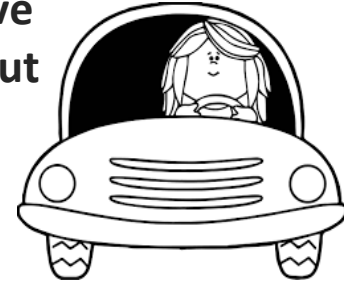


In this brain state we cannot differentiate between real and imagined 'threat'. Keeps us 'safe', but not so good for growth and ease.



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, overshopping, perfectionism, procrastination, victimhood, busywork, aggressive ambition, etc



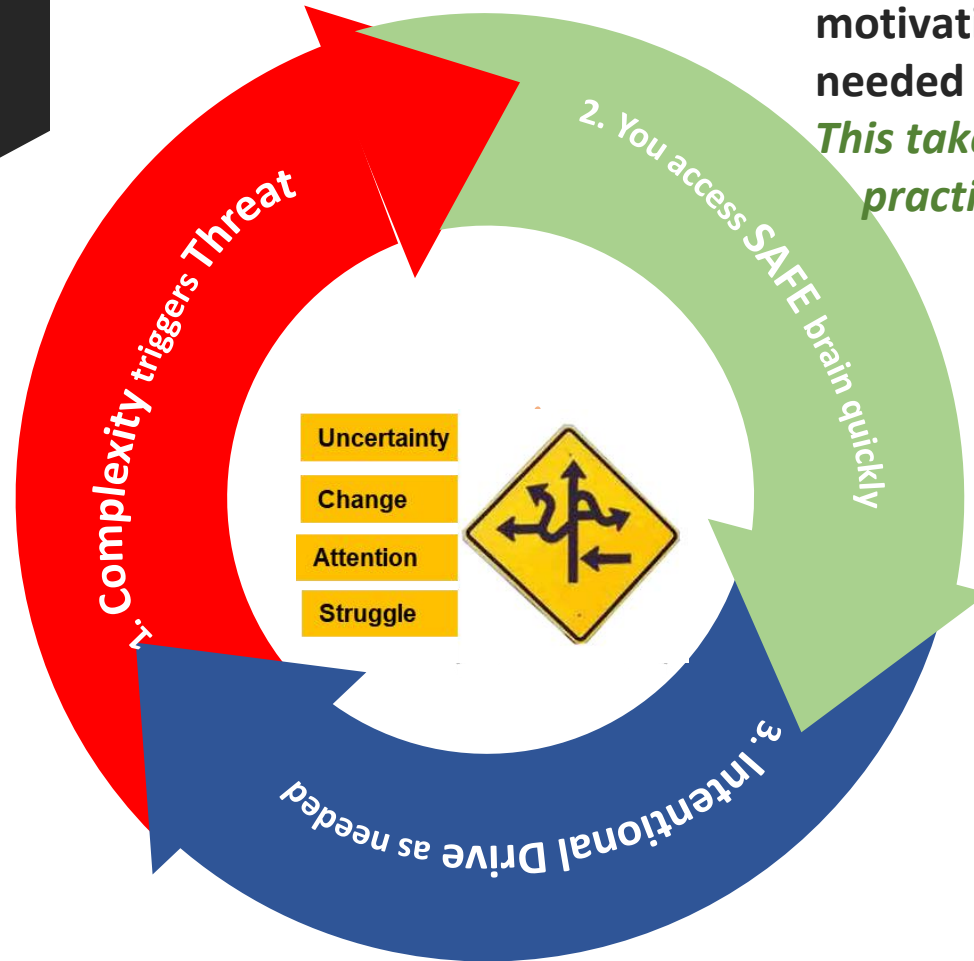
Tri-motive Brain Resilient Loop

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

A vibrant sunset sky with scattered clouds. The sky transitions from a deep blue at the top to a lighter, hazy blue near the horizon. The clouds are illuminated from below, giving them a golden-orange glow. The overall mood is peaceful and serene.

THANK YOU!

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