

Amygdala Hijack

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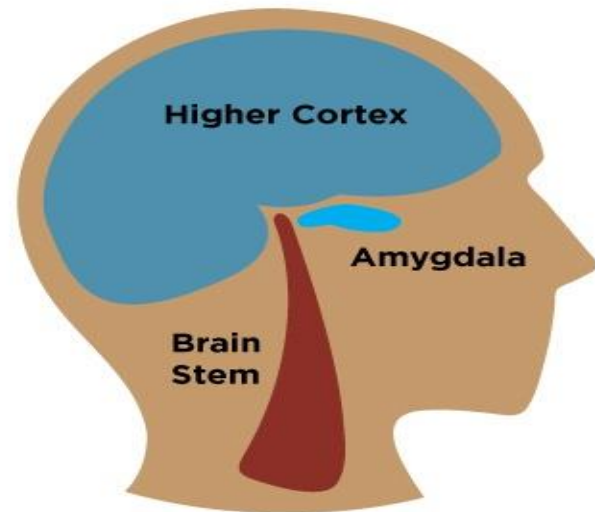
The amygdala is the emotional center of the human brain and can create split-second responses when a person is threatened.

Amygdala hijack refers to the situations where the amygdala overrides control of a person's ability to respond rationally to a perceived threat – the logical brain gets impaired due to emotional outbursts caused by the amygdala.

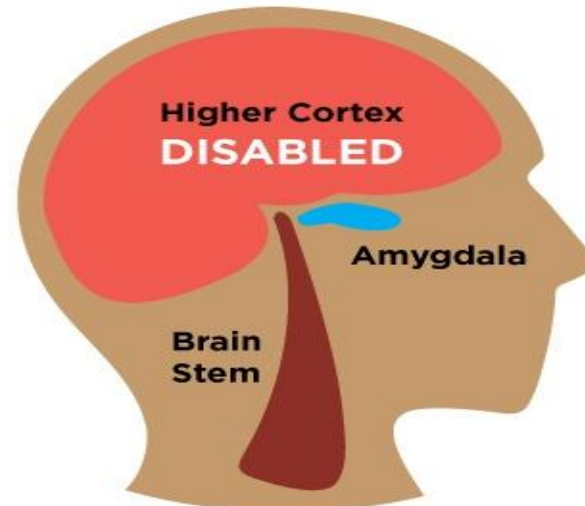
Logic is overridden with emotion.



Low vs High Emotion



LOW Emotion
(Calm, Relaxed)



HIGH Emotion
(Anger, Fear, Excitement, Love,
Hate, Disgust, Frustration)

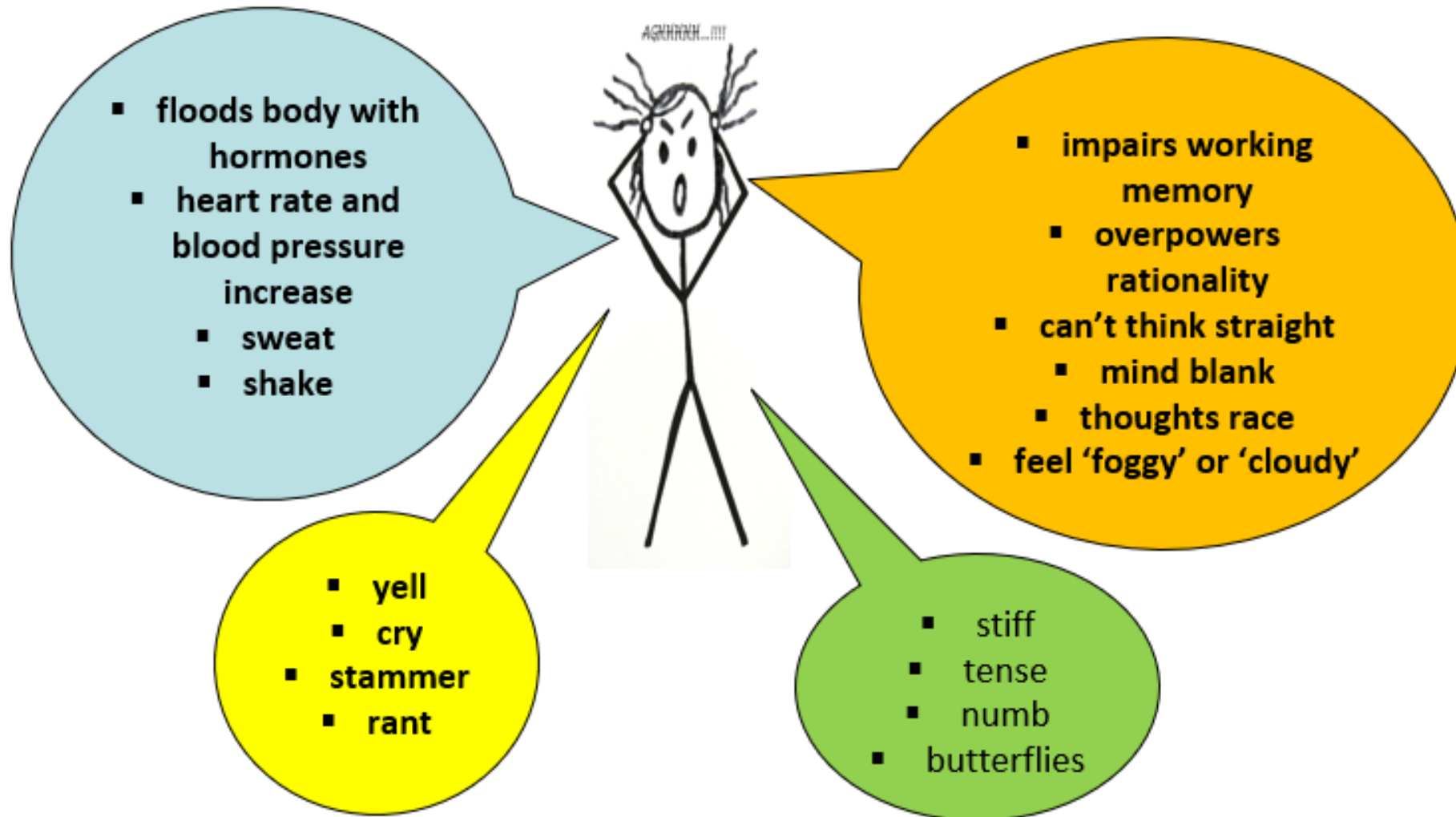
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The amygdala will then produce appropriate emotional responses followed by a flood of hormones and enzymes released to create suitable emotions and actions.

When a threat is sensed, the amygdala may automatically activate the fight-or-flight response.



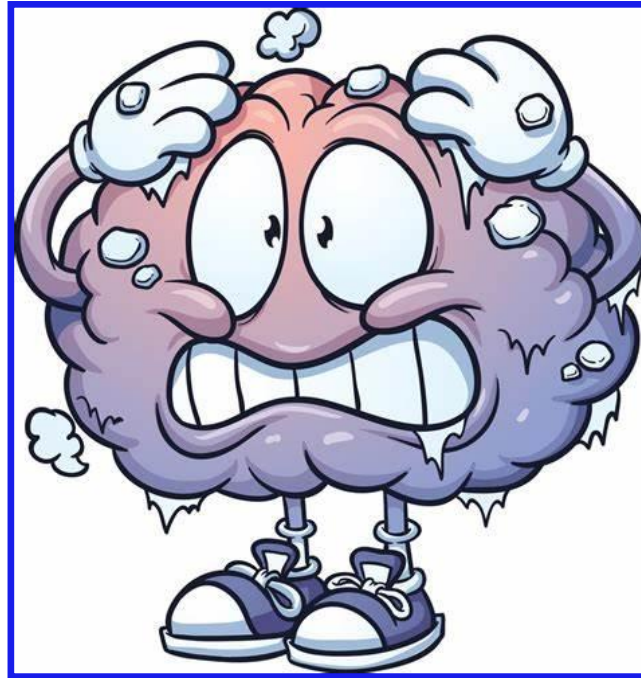
Signs of Amygdala Hijack



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Here are three signs of an amygdala hijack:

- Strong emotional reaction
- Sudden onset
- When you reflect later, you realise your actions may have been inappropriate



Strategies for Amygdala Hijack?

