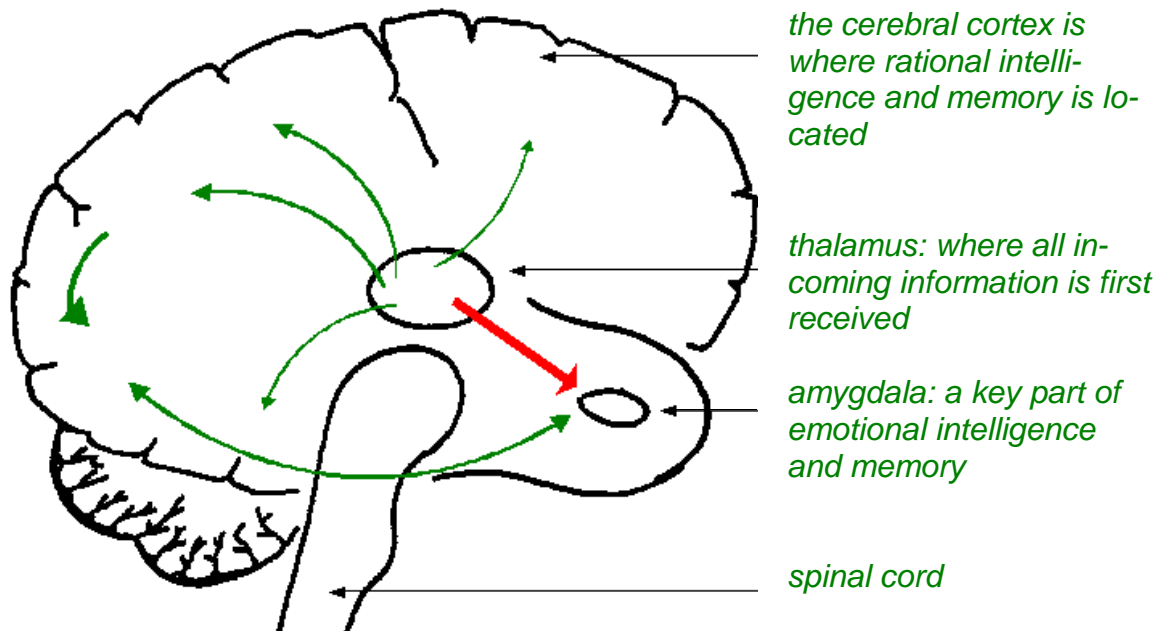


the emotional and rational centres in the brain



All incoming information is received in the thalamus, which acts as a relay station. It then passes information on to either the rational brain (the green arrows) or the emotional centres (the red arrow). The route to the emotional brain is shorter and quicker than the route via the rational brain – thus emotional responses can be more immediate, i.e. experienced first. Finer tuning of feelings and understanding of emotions comes via the rational connections to the emotional brain. In normal circumstances these two centres work in harmony, to decide on actions and responses