Three Critical Limbic Brain Functions

**The Watcher**  
(Recticular Activating System)

The RAS scans our environment 24/7 for possible threats (bodily harm or humiliation) or rewards (food or friendship). It sends reports over to the amygdala.

**The Guard Dog**  
(Amygdala)

The amygdala acts as our guard dog trained to prepare the body for fight, flight, freeze, or appease when anything threatens our physical or social safety. It can act on its own if it believes we are in imminent danger.

**The Wikipedia Pages**  
(Hippocampus)

The hippocampus is our personal Wikipedia. Here is where our background knowledge is stored. It is also the site of working memory, where information processing happens. Working memory shrinks when the amygdala is triggered.