The result of this inability to disconnect the two results in the
of our stress response.
During this process, our endocrine system releases cortisol and
adrenaline to drive self-protection.

During this stress response, the body effectively shuts down our prefrontal cortex, the part of our brain that is
responsible for things like reasoning, maintaining attention, managing our impulses, evaluating alternatives,
and solving problems.

To make it worse...

- Our body responds the same way every time we re-live the incident(s)
- Our brain begins to code the person(s) involved as “enemy” and will elicit a stress response every
time we encounter them