



How the past influences the present - Healing old wounds

Summary

- Your brain is flexible. You can always learn new things and create new perspectives.
- You have a new and an old brain. Your old – non-thinking- brain responds within milliseconds to perceived danger and keeps you safe.
- When old memories get triggered, you may not feel safe and respond accordingly – even if there is no threat.
- Your old brain does not distinguish between past and present. Old experiences still feel real now.
- You choose a partner who offers familiarity and makes you feel safe.
- You search for a partner who can right some wrongs from the past.