

# LIMBIC SYSTEM

Controls Mood and Attitude

Functions:

- Sets mind's emotional tone
- Stores charged emotional memory
- Controls appetite and sleep
- Promotes bonding
- Directly processes sense of smell
- Modulates libido

Problems:

- Moodiness irritability
- Depression
- Negative thinking
- Perceive events in negative ways
- Decreased motivation
- Appetite sleep problems
- Social isolation
- Decreased/increased sexual responsiveness

- 1) Every thought matters! Control the ANT's in your mind (Anxious Negative Thoughts that you get stuck on=A.N.T.'s)
- 2) Surround yourself with people who provide positive bonding
- 3) Treat yourself to .... Great smells

Note: Summary of ANT Types: Stuck on thoughts

- All or nothing thinking: Thoughts are all good or all bad
- Always' thinking: using words like always, never, every one, every time
- Focusing on the negative- only seeing the bad in situations
- Fortune Telling: Predicting the worst possible outcome
- Mind Reading: Thinking you know what another person is thinking
- Guilt: using labels like should, must, ought to, have to
- Labels: Attaching negative labels
- Blame: Blaming someone or something else for your problems