

The Evolution-Designed Brain

Neocortex ● Responds to Worry

Too much worry becomes so stressful that useful critical thinking slows or stops

Limbic System ● Responds to Anxiety

Too much anxiety can cause people to become so anxious that the imagination ceases to provide helpful thinking

Reptilian Brain ● Responds to Stress

Too much stress can cause either poor physical reactions or nervous and circulatory issues for holding the energy inside



Image borrowed from: <http://www.wisdompage.com/roleofvalues.html>

Appendix I – The Development of a Human Brain

According to American neuroscientist Paul D. MacLean's Triune Brain Theory, my brain is made-up of three sub-brains' that start evolving at the same time, but that have individual and different rates involved in each sub-brain's race to maturity; a simplified explanation of these sub-brains is: 1) a reptilian sub-brain complex, 2) a limbic sub-brain system, and 3) a neocortex sub-brain. Dr Khalid A. Mansour uses a new model of intelligence to reconcile that each of my sub-brains have intelligences to simultaneously develop, but that each reaches an effective level of maturity in a time-frame independent of the others.

Dr. Mansour's work supports an idea that I will be a selfish autistic for about the first two-years of my life while I develop an *object related intelligence* for my reptilian-complex sub-brain (this is the main brain that reptiles and fish solely rely on to this day); I will learn to distinguish things like me (people) from property and objects, and this part of my brain will be responsible for my instinctual behaviors like exploring, eating, dominance, possession, reproduction and motor skills.

Although my neocortex and limbic system have been developing too (at slower rates) during my first two-years from my birth, as I start my third year, my reptilian and limbic sub-brains should be developed enough that my autism is conquered while I start into a narcissistic phase of my life. If everything has gone well, my biological clock moves me along, so I can develop my *emotional intelligence* over the next three-years. I start-out this phase by being a flaming-narcissist, due to a lack of taming in my not yet developed limbic system.

Adding my limbic system to my reptilian complex brings me to up the thinking power of lower mammals like rats, cats and dogs; I will start to gain an understanding and appreciation for forms of bonding (like nursing and parenting), I will experience forms of separation anxiety, I will find the need and benefit for verbal and non-verbal communication and playfulness, which are all going to help me find forms of appreciation for the concept of mother-sibling relations.

My fifth year is when my *emotional intelligence* is supposed to be good enough that my autism and narcissism levels are no longer dysfunctional; I should be ready to help my neocortex to develop a *social intelligence*; this will be the start of nature's highest recognized thinking power (found in higher mammals like apes and humans). Adding my neocortex functions to my limbic system and my reptilian complex will help me develop some courages and skills I need to decipher social languages; skills like planning, perception, preservation, abstraction, and gaining an appreciation of the purpose and meaning of altruism (caring about more than myself).

Using Dr. Mansour's model might help me make some self-determinations based on my brain's growth and intelligence sequences. I interpret the doctor's findings to mean that people without altruistic behavior tend to also be more narcissistic, while narcissists tend to have a great deal in common with autistics.

If my goal is for me to have the social intelligence to get along with others, I need to be at least as altruistic as those around me, or those who I admire.

The short version here is everyone is born autistic, anti-social, narcissistic, apathetic, and greedy...that there is something going on in the background of every person's first five years on the planet, and that there are plans and schedules that biological clocks are supposed to be taking care of for me to become civilized.

Because these attributes are developed sequentially, lacking the development of earliest skills involves lacking development in the rest of the skills in the sequence, meaning for example that autistic people are very prone to being anti-social, narcissistic, apathetic, and greedy as well. To complicate things, the narcissism may stand out enough to beg for treatment, yet that treatment alone will probably have a low chance of success (and therefore a higher chance of just inflicting emotional damage) if base autism or HFA have not been ruled out or treated first.

My suggestion is to start with examining greed and ask if a person is altruistic; if they are then things seem to be good enough, but if a person is too greedy then look back a step and ask if the same person has empathy; if not, before treating the apathy look back again to see if narcissism is in play, and then the same down the chain for anti-social HFA, and then base autism.

I think that it is important not to be too judgmental in dealing with difficult people because there is always a reason; everything *always* operates the way that everything should operate with things in their current condition. Looking for root causes is important to bypass treating only the symptoms with no regard for the causes.