



Your Cortex Culture Kit

Stressed for Success Phase 3

Reprogramming the Amygdala

Participant Worksheet

Phase 3 Outline:

In this final session, you'll move beyond awareness and calming into reprogramming and success anchoring. Transform your brain's automatic responses and create new pathways for lasting success.

Phase 2 Recap & What You'll Experience

The 10 Rules of Inclusion & Fast-Track Review

Breakout 1 - Triggers in Action

The Language of the Amygdala

Breakout 2 - Reprogramming Triggers

Guided Visualization - "Getting It Right"

Breakout 3 - Anchoring Success

Key Takeaways

Your Reprogramming Plan

Quick Recap of Phase 2

In Phase 2, you explored the role of the **amygdala** — your brain's "alarm system." You learned how it reacts within a tenth of a second, sometimes mistaking imagined threats for real ones.

We introduced the three primary reactions to stress: **freeze, flight, and fight**. You practiced noticing the signs of overload, identified workplace triggers, and built a personal calming plan.

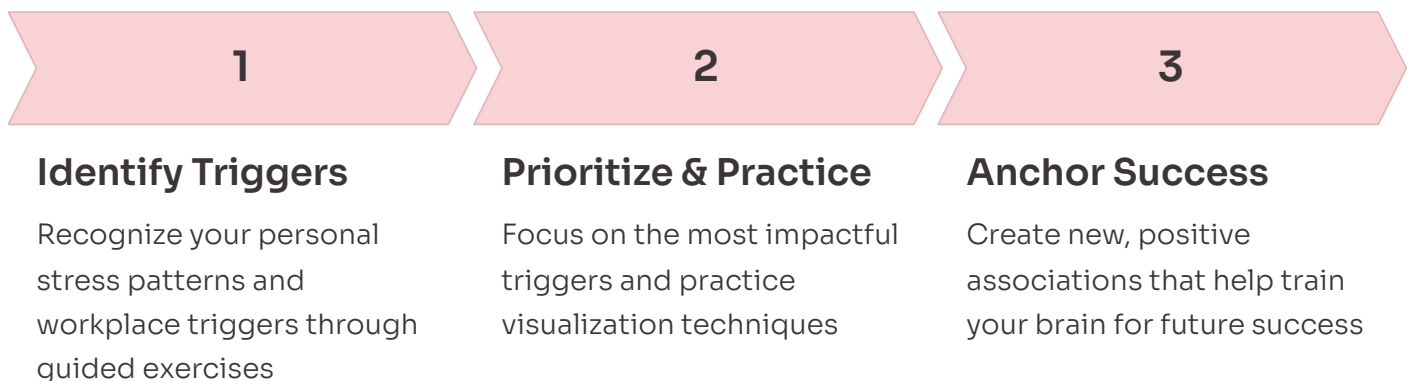
The goal was to increase awareness and develop techniques to interrupt stress patterns before the amygdala hijacks higher-level thinking.

Key Achievements

- Identified stress triggers
- Built calming techniques
- Increased self-awareness
- Practiced interruption methods

What You'll Experience in Phase 3

In this final session, you'll move beyond awareness and calming into **reprogramming and success anchoring**. You'll learn how the amygdala creates "pairings" — associations between past experiences and present reactions — and how those pairings can be changed.



By the end, you'll leave with a comprehensive reprogramming plan to manage anxiety more effectively and train your brain for future success.

Foundation: Rules & Review

The 10 Rules of Inclusion

1

We keep in mind our desired outcome.

2

We assume good intention from others.

3

We turn off all notifications and any distractions from all view to show respect for one another by being fully present.

4

We use timed rounding to be sure all are heard

5

Each person sticks to "I" statements.

6

We remain curious, especially when we do not agree with someone.

7

We strive to appreciate others' strengths and ability to contribute.

8

We say it now, with kindness and respect, rather than waiting until later.

9

The person leading or in authority of the session honors agreed upon start and stop meeting times.

10

We leave the meeting with clearly defined next steps that each person can take action on right away.

Fast-Track Review

Fight, Flight, Freeze, Appear

Your default stress responses

Triggers

Events or sensations tied to past experiences

The Bully in Your Brain

Sometimes sees danger when there isn't any

Interactive Exercises: Triggers & Reprogramming

Breakout 1 – Triggers in Action

Purpose: Recognize patterns in how your amygdala reacts.

Prompt: Think of 2–3 situations at work that trigger anxiety.



Identify Patterns

What situations do I avoid, overreact to, or freeze in?



Physical Awareness

What physical signs do I notice?



Measure Impact

On a scale of 1–10, how intense is it? How frequent?



Goal Interference

How does this interfere with my goals?

The Language of the Amygdala

The amygdala speaks the language of **association (pairing)**.

01

Past Experience

A significant event or repeated pattern creates an emotional memory

02

Emotional Response

The brain associates specific emotions with environmental cues

03

Automatic Reaction

Future similar situations trigger the same emotional and physical response

Example Pairing

Trigger: Near-drowning experience

Association: Water = danger

Result: Fear of water activities



Reprogramming Solution

Create new, safe experiences that **overwrite old pairings** through positive associations and successful outcomes.

Breakout 2 – Reprogramming Triggers

Prompt: Choose one trigger from your list.



Root Cause

What pairing created this trigger?



New Experience

What new experience or belief could replace it?



Behavioral Change

How would a new pairing change behavior?



Success Vision

What does success look like in this situation?

Guided Visualization & Success Anchoring

Guided Visualization – "Getting It Right"

1

Recall Success

Think of a past success and the specific steps you took to achieve it

2

Visualize in 3D

Picture a current goal through your own eyes, as if you're living it

3

Engage All Senses

Include sights, sounds, feelings, and even smells in your visualization

4

Create Your Anchor

Take a mental "snapshot" of success that you can recall instantly

Breakout 3 – Anchoring Success

Prompt: Use visualization to anchor a new response.

Past Success	Target Situation	Success Feeling	Reminder System
What success did I recall?	What future situation do I want to reprogram?	What will it feel like when I get it right?	How can I remind myself to use this visualization?

 **Key Takeaways**

- Triggers are learned pairings — and they can be changed
- Identifying and prioritizing triggers increases awareness
- Visualization anchors success and rewires associations for the future

Your Personal Reprogramming Plan

1

Identify Top Triggers

My top triggers are:

2

Understand Root Pairings

The pairing that created them is:

3

Create New Associations

My new belief/experience is:

4

Anchor Success

My visualization anchor is:

Congratulations! You now have the tools to reprogram your amygdala and create lasting positive change in how you respond to stress.