



MY BRAIN THOUGHT IT WAS A BEAR

It was Tuesday.

I was minding my business.

Drinking something delicious.

Living a perfectly respectable life.

Then...

DING. 

An email.

That's it.

An EMAIL.

No smoke.

No sirens.

No one running through the house yelling:

“BEAR!!!”  

But apparently my brain had received **DIFFERENT information.**



Because before I even finished reading the email...

My shoulders were up here. 🖐️

My stomach had joined a gymnastics team.

My heart was auditioning for a drumline. 🥁

And my brain had already prepared three possible responses:

A. FIGHT:

“WHO DOES SHE THINK SHE IS?!” 😡

B. FLIGHT:

“I should probably move to another state.” 🏃💨

C. FREEZE:

Stare at email for 17 minutes. 🙄

Meanwhile...

the email was sitting there like:

✉️ “Ma'am. I am literally just words.”



SO... WHERE WAS THE BEAR?

There wasn't one.

At least...

not in the room. 🙄

Something about that email may have reminded my brain of something it had experienced **before**.

And my brain didn't stop to say:

“Excuse me, Selina. Before we panic, I would like to carefully investigate whether this situation is actually the same.”



Nope.

My brain went:

“I KNOW THIS FEELING!”



Activate alarm.



Tighten stomach.



Prepare dramatic response.



RELEASE THE BEAR. 🐻😂

Except...

there was no bear.

There was an email.

🙄 AND THAT'S WHERE THINGS GET INTERESTING...

Sometimes what is happening **NOW** isn't the whole story.

Something happening today can bump into something our brain learned **before**...

and our body may respond before we've even figured out why.

And this doesn't just happen with emails.

It can happen with...

learning. 🙄

To discover how to tame the bear, go back and watch the Bad

Learning Experience video.