

Understanding Neuroception



Imagine you're walking in the park on a sunny day and enjoying the singing birds. As you continue walking, you suddenly notice a dog barking loudly and running towards you.



In this situation, your neuroception kicks in, triggering a sense of danger and activates your fight-or-flight response.

It happens automatically and helps keep you safe even before your conscious mind fully processes the situation.



Sometimes, our neuroception can be inaccurate, and we feel unsafe and anxious even with no threats present. When this happens, it can impact our executive functioning skills.

