

Brains Internet

In his book 'Social Intelligence'. Daniel Goleman describes how the neuro-scientist Giacomo Rizzolatti discovered 'Mirror Neurons'. These 'Allow us to grasp the minds of others not through conceptual reasoning but through direct simulation; by feeling not thinking'.

It is amazing to think that we react to each other before we have time to think.

Goleman goes onto describe it as 'a brain-to-brain linkage that forms a two-person circuitry via a lower road (than speech).

This can be great but also it means we can feel each others emotions when it comes to the emotions of conflict. We all know that feeling of being in the middle of a fight before we realise it.

The duet we create between us can be that of the fight and, with siblings being so familiar with each other, the interaction between them can be all consuming. They can find it impossible to break away from the row. Quite literally they are locked into a hypnotic dance.

If you are intervening between children fighting the first thing you need to do is break the circuit. Step calmly between them and ask them to take three very big breaths. The can also count backwards from ten breathing deeply as they count. Look directly at them so they need to take their eye contact away from the other person and thus break the circuit.

