

The 2-Phase PFC Formula

Phase 1 - CALM the PFC (remove interference)

Goal: shut down limbic noise so the PFC can come back online

Formula (2-5 minutes total):

1. Slow deep breathing  GABA
2. Relational prayer or hymns  Oxytocin + GABA
→ Creates feeling of safety. Feeling safe is what allows the PFC to activate

Result:

The PFC is no longer suppressed. You feel steadier, quieter, less reactive.

Phase 2 - STRENGTHEN the PFC (fuel it correctly)

Goal: provide dopamine that supports focus, not craving

Formula (3-10 minutes):

3. Remembering God's goodness (specific, concrete)  Serotonin + Dopamine
→ Restores meaning and hope (PFC loves this)
4. Gratitude or slow Scripture reflection  Dopamine + Serotonin
→ Dopamine here is calm, stable, non-addictive

Result:

The PFC gains motivation + clarity without anxiety, impulsivity, or overstimulation.

NOTE! During PMS, take more time to calm, and no pressure when fueling (ie no involved analysis)