**Explanation of the Reticular Formation and Limbic system actions: Snake in the Grass**

Image you are walking through a forest. You are relaxed and you enjoy the beauty and the sounds of nature.

Suddenly your friend tells you he thinks he saw a snake.

An image of a snake crawling in the grass and possibly attacking you TRIGGERS your limbic system and your cognitive brain. You become edgy, fearful, anxious , tensed and your RETICULAR FORMATION becomes “tuned” to the very soft sound of hissing. Your heart is pounding, your hands are sweating and you start walking faster to leave the forest.

But, what if you cannot leave the forest? You are trapped in the forest and the hissing becomes a real sound.

Although you never saw the real snake you reacted anxiously based solely on your “appraisal” of the imaginary situation.

You labeled your tinnitus as a DANGEROUS EVENT which consequently triggered very real reactions. Your brain did not care that it never really saw a snake. You reacted based on a BELIEF of presence of the snake. It was not important that there was no snake nearby. The power of BELIEF was strong enough to trigger all the body sensations and your reactions.

Interpreting tinnitus as a dangerous event, as a catastrophic event , as a symptom of an “attacking snake” is a FAULTY BELIEF. Often the belief is a faulty one.

Work on first understanding your beliefs and then on changing your beliefs.