



A PHB for Your Brain

BARBARIAN

This is the part of your brain that reacts when something makes you upset or angry. You can't think clearly, and sometimes you say or do things you don't really mean.



BARD

This is the part of your brain that is social with people. Sometimes this is a “mask” meaning you are acting a bit different in order to fit in better. “Masking” is ok sometimes but it can be exhausting.



CLERIC

This is the wise part of your brain that makes good choices and remembers details. It can be hard to access this part of your brain when you are distracted or tired. Writing things down helps a lot!



DRUID

This is the loving and caring part of your brain where you keep your memories of your family and loved ones. When you feel strong emotions, you might shut down this part of your brain.



FIGHTER

This is the hardworking part of your brain that goes into drive when you are working toward a goal you really care about. You might be so focused that you don't realize how much time has passed!



MONK

This is the calm part of your brain that observes others before making the best choice. You can use the Monk part of your brain by focusing on deep breathing and feeling calm and safe.



PALADIN

This is the part of your brain that some people call your conscience. It is the queasy feeling you get in your stomach when you do something wrong, and the pride you feel when you do something right.



RANGER

This is the part of your brain that learns by observing. You might pick up on things quickly, after watching once. But be kind patient to other people who need a lot more practice.



ROGUE

This is the part of your brain that uses what you know about other people to beat them. You need to keep the rogue in check. Even if it's easy to beat them, people usually don't like to play with someone who always wins.



SORCERER

This is the part of your brain with your innate magic and personality. The Sorcerer in your brain is what makes you, you! Remember to appreciate your differences, but know that other people will not always share or understand them. That is ok!



WARLOCK

This is the part of your brain that has a quest for knowledge. You love to read new and learn information. Always continue learning, and remember you can learn a lot from others! That's one of the best parts of connecting with people!



WIZARD

This is the part that keeps your spellbook, or the tools you keep in your brain to help yourself when you need help. It can be hard to remember to access your spellbook, especially when you are upset or confused.

