

# ■ Hidden Truths & the Brain: Why Deception Collapses + Why Safety Heals

## ■ Why Deception Collapses

- Prefrontal Cortex overload → hard to keep lies straight
- Hippocampus: fabricated memories unstable
- Mistakes & contradictions eventually surface
- Social networks amplify hidden truths

## ■ Why Safety Heals

- External protection lowers cortisol
- Prefrontal Cortex regains clear thinking
- Restores trust in order & justice
- Nervous system shifts from survival to healing

## ■ Emotional Impact

- Truth surfacing = dopamine release (relief)
- Story “makes sense” → brain calms
- Safety + clarity accelerate recovery