

BEHAVIOUR IS NOT IDENTITY™

A NERVOUS SYSTEM TRANSLATION MAP



What we see is behaviour. What's underneath is often a response to **conditions**, not a reflection of **character**.

WHAT PEOPLE ASSUME		WHAT MAY ACTUALLY BE HAPPENING	
	Lazy	→	Depleted capacity Physically, mentally, or emotionally exhausted.
	Unmotivated	→	Overload / recovery lag The system is overwhelmed and needs time to reset.
	Too emotional	→	Activation exceeding capacity Big feelings with not enough resources to regulate.
	Avoidant	→	Protective disengagement Pulling back to stay safe or reduce further overwhelm.
	Distracted	→	Competing load Too many mental or environmental demands competing for attention.
	Clingy	→	Safety-seeking Looking for connection, reassurance, or co-regulation.
	Shut down	→	Nervous system conservation The body/mind is conserving energy to survive.
	Overreacting	→	Threat perception exceeded tolerance The system sensed danger (real or perceived) and activated a survival response.
	Difficult	→	Accumulated unmet load Stress, disappointment, or pressure has built up over time.
	Unreliable	→	Inconsistent available capacity Good intentions, but not always enough resources in the moment.



Behaviour is often interpreted as identity before conditions are understood.

LOOK BENEATH. GET CURIOUS. RESPOND WITH UNDERSTANDING.

THE NERVOUS SYSTEM TRANSLATION FLOW



♥ CONDITIONS BEFORE CHARACTER. CONNECTION BEFORE CORRECTION. CURIOSITY BEFORE JUDGMENT ♥