

THE BEHAVIOURAL PATTERN MATRIX™

BEHAVIOUR CHANGES WITH CONDITIONS — NOT CHARACTER.

STATE (nervous system condition)	SURVIVAL STRATEGIES (common adaptive behavioural patterns)					
	 CONTROL	 OVERFUNCTIONING	 APPEASING	 WITHDRAWAL	 NUMBING	 AGGRESSION
 SETTLED safe, present, resourced	clear structure	focused effort	genuine connection	intentional space	restful stillness	clear boundaries
 MOBILIZED activated, in motion	organizing	high output	people pleasing	stepping back	light distraction	assertive
 OVERLOADED stressed, overwhelmed	tightening	overworking	overgiving	avoiding	checking out	irritable
 SATURATED maxed out, shut down	rigid control	burnout	self abandoning	disappearing	heavy numbing	explosive



WHAT THIS IS

- A visual model showing how behaviour shifts as conditions change.
- A framework for recognizing common adaptive behavioural patterns.
- A way of exploring behaviour through the lens of nervous system state.
- Recognition before judgment.
- Patterns — not people.



WHAT THIS IS NOT

- A personality test.
- A diagnostic or clinical tool.
- A measure of character.
- A predictor of behaviour.
- A complete model of human behaviour.

It is a practical framework designed to support observation, reflection, and conversation.



SEE THE PATTERN

Notice behaviour before drawing conclusions.



CHECK THE CONTEXT

Behaviour always happens within conditions.



RESPOND WITH WISDOM

Understanding creates better choices.

CONDITIONS CHANGE. PATTERNS SHIFT. UNDERSTANDING CHANGES EVERYTHING.



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The Behavioural Pattern Matrix™ is an original conceptual framework developed by Elle Hernandez.

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