

THE BEHAVIOURAL PATTERN TABLE™

BEHAVIOUR SHIFTS WITH CONDITION – NOT CHARACTER

STATE

(nervous system state)

SURVIVAL STRATEGIES

(nervous system responses – patterns of action)

	 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 of how behaviour shifts with nervous system condition.
- It organizes common survival responses across different states.
- Each row reflects a change in the nervous system.
- Each column represents a survival strategy.
- The same behaviour can look different depending on state.
- This model makes patterns visible – not people fixed.



WHAT THIS IS NOT

- This is not a personality framework.
- This is not a diagnostic tool.
- This is not a complete map of human behaviour.
- It does not label, categorize, or predict individuals.
- It does not rank one strategy as better than another.
- It does not replace clinical, psychological, or medical assessment.
- It is a simplified model designed to support recognition – not reduction.



SEE THE PATTERN

Look at behaviour through the lens of state.



CHECK THE CONTEXT

Context explains what behaviour hides.



RESPOND WITH WISDOM

Regulation creates better choices.

CONDITIONS CHANGE. PATTERNS SHIFT. UNDERSTANDING SETS US FREE.