

QUICK REFERENCE

SIGNAL TABLE

*Visible signals are information about conditions,
not character.*

VISIBLE SIGNAL	WHAT IT MAY INDICATE	WHAT TENDS TO SUPPORT CHANGE
 IRRITABILITY Short fuse, easily agitated.	Load is exceeding available capacity. Threshold for stress may be low.	<ul style="list-style-type: none">• Reduce demand• Restore recovery• Lower the load• Increase predictability 
 WITHDRAWAL Pulling back, disengaged.	Capacity is reduced. Overload, depletion, or need for recovery.	<ul style="list-style-type: none">• Space before pressure• Lower expectations• Offer connection• Reduce demands 
 PERFECTIONISM High standards, self-criticism.	Control seeking. Fear of failure or criticism.	<ul style="list-style-type: none">• Safety before performance• Normalize enough• Reduce pressure• Support self-compassion 
 OVER-EXPLAINING Too much detail, justifying.	Threat anticipation. Seeking approval or clarity.	<ul style="list-style-type: none">• Provide clarity• Reassure• Affirm their value• Reduce uncertainty 
 NUMBING Flat, distant, checked out.	Overload. Capacity collapse. System protecting by shutting down.	<ul style="list-style-type: none">• Recovery before responsibility• Rest and regulate• Reduce stimulation• Re-engage gently 
 HYPER-INDEPENDENCE I handle it alone, no help needed.	Learned self-protection. Fear of burdening or relying on others.	<ul style="list-style-type: none">• Offer support without pressure• Build trust slowly• Encourage connection• Reinforce they are not alone 



SIGNALS ARE INFORMATION, NOT IDENTITY.

*They point to conditions that can change.
Compassion creates the conditions for change.*

