



THE NERVOUS SYSTEM responds to *more than danger.*

The nervous system responds continuously to conditions around and within us.
Not only danger.

What feels “small” cognitively can still register as significant physiologically.

CONDITIONS THAT NARROW

*The system scans for
what could go wrong.*

- Urgency
- Unpredictability
- Unclear expectations
- Constant interruption
- Social threat
- Overload
- Lack of recovery
- Loss of choice



CONDITIONS THAT WIDEN

*The system senses
what is safe and possible.*

- Predictability
- Pacing
- Clear expectations
- Completion
- Choice
- Recovery
- Steady connection
- Safe environment

Energy is spent on protection.
Options feel limited.

Energy is available for living.
Options open.



The nervous system does not judge.
It scans, interprets, and responds to what the environment signals.