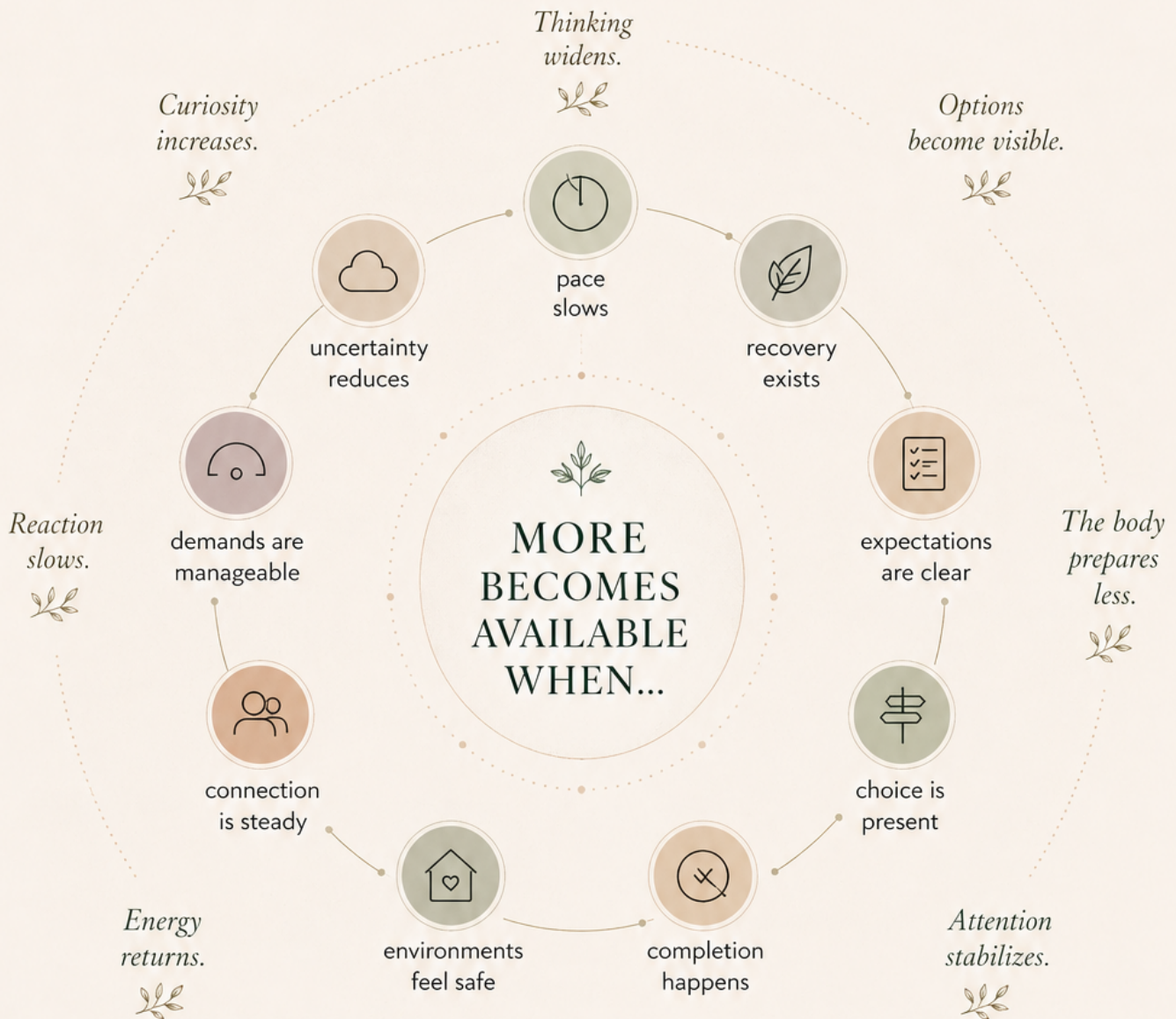


WHAT SUPPORTS REGULATION?

Regulation is not something the nervous system performs on command. It is supported by conditions that increase safety, capacity, and flexibility.



Regulation is not the absence of stress.

It is the return of enough safety, capacity, and flexibility for more options to become available.

CONDITIONS SHAPE RESPONSES. UNDERSTANDING CREATES CHOICE.