

WHAT THE NERVOUS SYSTEM RESPONDS TO

The nervous system does not respond only to thoughts, intentions, or willpower.

It responds to conditions.

Before behaviour changes, conditions often change first.

Pressure, uncertainty, pace, safety, recovery, visibility, and belonging all shape what becomes available in a person.

↓ INCREASES ACTIVATION

- 🕒 Urgency
- 🌀 Unpredictability
- ❓ Unclear expectations
- 🔔 Constant interruption
- 👤 Social threat
- 🔌 Overload
- 🔋 Lack of recovery
- 🚫 Loss of choice



↑ SUPPORTS REGULATION

- 📅 Predictability
- 🔄 Pacing
- ✅ Clear expectations
- 🏁 Completion
- 👤 Choice
- 🌿 Recovery
- 👥 Steady connection
- 🏠 Safe environment

✧ The nervous system responds to *conditions* before behaviour responds to the world.

This does not remove responsibility.
It changes where understanding begins.



EXPLORE THE MAPS

See how conditions shape behaviour. →



READ SIGNALS NOTES

Short reflections on patterns, context, and life. →



LISTEN TO THE AUDIO

Understand in your own time, in your own space. →