

# ICCU

Because what we perceive  
shapes how we respond.

**I** | **Is**

**C** | **Compassion for**

**C** | **Capacity**

**U** | **Understood?**



**Sometimes behaviors  
interpreted as:**

- defiance
- manipulation
- avoidance
- noncompliance

**may actually reflect:**

- overwhelm
- nervous system activation
- unmet needs
- fluctuating capacity
- survival responses

