

COMPASSION FOR CAPACITY

Basic understanding of nervous system distress and fluctuating capacity can change the way we respond to human behavior.

Sometimes what appears to be:

- defiance
- avoidance
- manipulation
- noncompliance

may actually reflect:

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

Greater understanding can create more opportunities for:

safety • co-regulation • accommodation
autonomy • reduced activation • shared humanity

Compassion for capacity saves lives.



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