

# BEHAVIOR IS COMMUNICATION

**What  
We  
See**

**What  
We  
Don't  
See**

Thirsty

Satisfied

Tired

Rested

Hungry

Distrusting

Mad

Overstimulated

Understimulated

Lethargic

Insecure

Confused

Energetic

Unloved

Sad

Revived

Refreshed

Hurt

Excited

Ashamed

Glad

Stimulated

Calm

Secure

Stuck

Hypervigilant

Attacked

Silly

Content

Protected

Scared

Stimulated

Wanted

Accepted

Secure

Trusting

Stuck

Connected

**WHAT IS THE BEHAVIOR COMMUNICATING?**

EMPOWERED TO  
**CONNECT**.org