

Behavior vs. Brain Dysregulation

QUICK CHECKLIST

Check the behaviors you see and what it really means

Emotional + Behavioral

Behavior	What It Really Means
Meltdowns over small things	Nervous system overloaded
Shutting down/quiet	Freeze response
Explosive reactions	Fight/flight activated
Easily irritated	Low regulation capacity
Panic with transitions	Cognitive flexibility offline

Attention + Thinking

Behavior	What It Really Means
Trouble focusing	Under-stimulated brain
Impulsive	Prefrontal cortex offline
Forgetful	Working memory overload
Slow to start tasks	Stuck in freeze
Avoids hard tasks	Cognitive overwhelm

Sensory

Behavior	What It Really Means
Overreacts to noise/touch	Sensory overload
Always moving	Under-stimulated system
Melts down in busy places	Sensory overwhelm
Picky about clothes/textures	Sensory sensitivity



Social + Communication

	Behavior	What It Really Means
■	Misreads tone or cues	Prefrontal cortex offline
■	Avoids groups	Overstimulation
■	Snappy or “fresh”	Fight response
■	Interrupts/talks nonstop	Seeking stimulation

When to Seek Professional Help

You should reach out for help if your child...

- Has frequent meltdowns/shutdowns
- Is stuck in fight/flight/freeze most days
- Struggles with school, bedtime, or daily routines
- Has anxiety, panic, or obsessive worries
- Is overwhelmed by sensory input
- Has symptoms lasting longer than 4–6 weeks
- Shows sudden behavior changes (think PANS/PANDAS)
- Your gut tells you something deeper is going on

NOT SURE WHERE TO START?

Take the guesswork out of helping your child.

Use our free Solution Matcher to get a personalized plan based on your child's unique needs.

In 3 minutes, you'll know exactly what support is right for your family.

START HERE: www.drroseann.com/help