WHY DOES THE BRAIN LOOK FOR PREDICTABILITY?

Understanding why behavior is often the brain's way of looking for safety.

When life feels uncertain, the brain often looks for patterns, routines, and predictability to help us feel safe.

1 QUICK LEARN

1. The brain likes predictability because it helps us feel _____.
2. When something feels unexpected, the brain may react with _____, worry, or big feelings.
3. Behavior is often a form of _____.
4. Routines, choice, and clear expectations can help the brain feel more _____.

Big behavior does not always mean defiance.

Sometimes it means the brain is asking for safety, support, or predictability.



2 WHY MIGHT BEHAVIOR HAPPEN?

Circle or highlight the reasons that might fit.

- ○ Looking for safety
- ○ Feeling overwhelmed
- ○ Avoiding uncertainty
- ○ Needing control
- ○ Stress response
- ○ Trouble with transitions
- ○ Not knowing what comes next
- ○ Sensory overload



3 WHAT HELPS THE BRAIN FEEL SAFER?

Write or circle supports that help create predictability.

1. A routine that helps me: _____
2. A person who helps me feel safe: _____
3. A calm-down strategy I can use: _____
4. One thing that helps before a transition: _____

4 MY PREDICTABILITY PLAN

1. One thing I can do to make today feel more predictable: _____
2. One choice I can give myself or someone else: _____
3. One reminder I want to remember about behavior and the brain: _____

When we understand behavior, we can respond with compassion.