

The Resilient Pattern

High peak, clean descent, returns fully to a default resilient state.

This is what your nervous system tends to do

Your body responds fully to what's in front of it. A high-stakes conversation. A hard workout. A first date. You feel it in your chest and your breath. And then your body lets go. You come back. Maybe over a few hours rather than a few minutes, but cleanly enough that the next day starts fresh.

Three shifts to try this week

01 Track which system lags

After your next intense day, notice what comes back fastest and what holds on. Is it your cardiac system, your muscles, or your mind that takes longest to settle. That is the system worth training first, even at your current scores.

02 Prime before performance

Before a sports event, a meeting, or a presentation, run 10 minutes of in-for-four, out-for-six. Six-second exhales prime the brake before activation arrives. Play with how quickly you can regulate as the moment approaches.

03 Build a transition cue

Pick one repeating moment between activities, the walk to the kitchen, the close of a laptop, and use it to test how fast your thinking brain disengages. Sharpening that handover is the integration edge for someone already in your pattern.

What a full assessment would show

In a Resilient assessment, physiologically Building Resilience, reactivity runs high. Heart rate climbs. Skin conductance rises sharply. Temperature drops. The prefrontal cortex engages on cognitive and emotional load. And then everything recovers. The brake comes back at 0.85 or above. The gas pedal drops cleanly. Body tension releases. The thinking brain disengages inside the recovery window.

A full assessment goes beyond confirming the pattern. Across five cycles of structured stress and recovery, I see which systems come back fastest, which lag, and where the next training edge sits. From there, the work sharpens what is already strong, identifying the specific transitions where your system still carries residual activation and building cleaner recovery into those exact gaps.