

# The Shutdown Pattern

Low peak, shallow descent, stays near a flat default.

## This is what your nervous system tends to do

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From the outside, you likely read as calm. The people around you describe you as steady. Inside, there's often a different experience. A flatness that isn't quite rest. A fatigue without a clear source. A sense that things feel less than they used to. Your body doesn't spike on stressors, and it also doesn't recover into a felt sense of rest.

## Three shifts to try this week

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### 01 Track the moments you feel more

Watch for the windows when you feel more present in your own body. When do they happen. What was different in the hour before. These windows tell you where your system still has capacity for full-range response.

### 02 Name a few sensations a day

At the end of one activity, sit for five minutes. Name two or three physical sensations you're actually having. Not what you think you should feel. What's actually there. It rebuilds the interoceptive signal, which is the system most worth training in your pattern.

### 03 Go slow with activation

Skip the cold plunge and the heavy intervals for now. A short walk after a meal. A slower exhale at your desk. A five-minute stretch before bed. Small, repeatable doses of input. The goal is more range, gently.

## What a full assessment would show

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In a Shutdown assessment, physiologically Muted Response, both reactivity and recovery run low. Stressors produce small cardiac changes. Minimal skin conductance response. Barely any muscular engagement. The gas pedal hardly presses. The brake stays under-worked. The thinking brain often runs low and sustained.

A full assessment reveals what your body is doing underneath the flatness. Across five cycles, I can see which systems went silent, which still hold capacity, and where re-engagement is safe without overwhelming the protective adaptation. From there, the training is staged carefully through resonance, release, and integration, each introduced only when the system is ready.