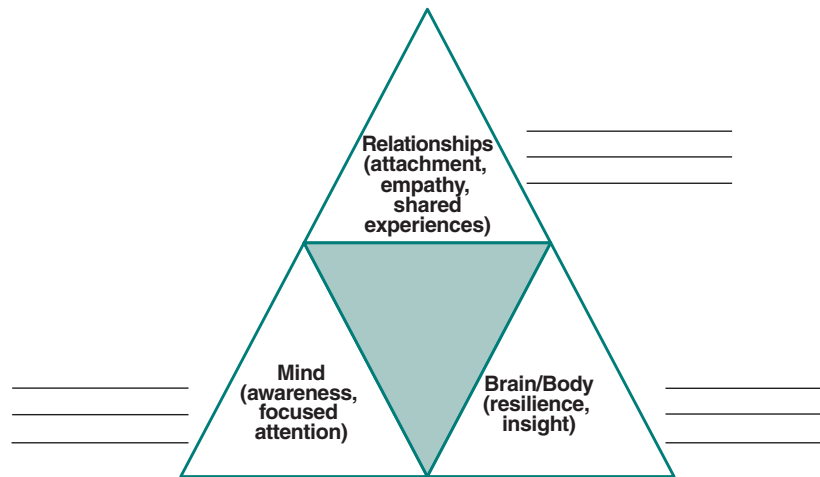


Reflective Activity: Integration and Regulation Triangle

Now it's your turn to complete an IPNB triangle for yourself. Think about your relationships, brain/body, and mind. Write a + next to the things that help facilitate the integration of each system or a - next to the things that hinder the integration of each system.



Consider: What areas of your triangle are more integrated than others? What areas are less integrated than others?
