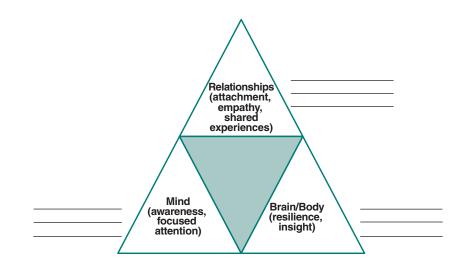
Reflective Activity: Integration and Regulation Triangle

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?

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