

## 🌿 Inside the Restoring Access Library

This library is organized around a simple, human sequence that helps access return naturally:

**Recognize → Regulate → Repattern → Return to Learning**

You don't need to move through it in order.  
You don't need to do everything.  
You're free to explore what feels useful.



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## 🌟 Before We Begin: Foundational Experiences

These early experiences help you *feel* what access looks like — not just understand it.

- **The Power of Models** — why seeing changes everything
- 🧠 **When Access Is Present** — what safety looks like in real life
- 🧠 **What Went Well? (And Why That Matters)** — how focus guides the brain

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## 🧠 RECOGNIZE — Seeing Clearly Before Doing Anything

Recognize what's actually happening beneath behavior, emotion, or confusion.

Examples from this section include:

- When access gets blocked
- Protection vs. resistance
- Pattern spotting in daily life
- Meaning lives in people, not words
- Everyone has a backstory

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## 🌿 REGULATE — Support Before Strategy

Helping the body feel safe again — before trying to fix anything.

This section explores:

- Why regulation happens in the body first
  - How support restores access
  - Language that calms rather than escalates
  - Real-life moments of regulation
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## **REPATTERN — Trying Something Different, Safely**

Once safety is present, new options naturally appear.

Here you'll find experiences about:

- Small shifts
  - Creativity without pressure
  - Starting before you're ready
  - Noticing you have options
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## **RETURN TO LEARNING — Access Restored**

When access returns, learning feels different.

This section explores:

- What thinking feels like when safety is present
  - Learning through neurodivergent lenses
  - What becomes possible next
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## **Closing Experience**

A gentle place to pause — and carry what you've noticed forward.