

The biosocial theory helps us understand that our emotions and behaviors are shaped by a mix of biology and environment.



BIOSOCIAL THEORY MEANS WE ARE INFLUENCED BY:

- ✓ **Our biology**
(body, brain, and genes)
- ✓ **Our environment**
(family, experiences, culture, stress)
- ✓ **Learn how these factors interact**
- ✓ **Build understanding and self-compassion**
- ✓ **Use skills to cope and create a life worth living**



SOCIALLY INVALIDATING ENVIRONMENT

A socially invalidating environment is one where your thoughts, feelings, and behaviors are frequently dismissed, judged, ignored, or punished.

Over time, this can lead to self-doubt, shame, and difficulty trusting your own experience.



EXAMPLES INCLUDE:



Your feelings are dismissed

"You're overreacting."



You are criticized or blamed

"That's your own fault."



You are ignored or not listened to

"I don't want to hear about it."



Your needs are seen as unreasonable

"You're too sensitive."



Your boundaries are disrespected

"You're being selfish."



**Everyone deserves acceptance, validation, and respect.
You are not too much. Your experience matters.**

OUR BIOLOGY



Your brain, body, and genes all play a role in how you think, feel, and react. You didn't choose your biology, but understanding it can help you be kinder to yourself.



Your Brain

Your brain is always working to keep you safe. The amygdala (your alarm system) can react fast—sometimes too fast. That's why big feelings can feel overwhelming.



Your Body

Stress, lack of sleep, food, movement, and even hormones affect your mood and energy. When your body is off balance, everything feels harder.



Your Genes

You might be more sensitive, more worry-prone, or have a shorter fuse—and that's okay. Genes can load the gun, but life pulls the trigger.



It's a Mix

Biology isn't your fault, but it is part of your story. The good news? You can learn skills to work with your biology—not against it.



You Have More Control Than You Think

You can't change your biology, but you can build a life that supports your brain and body. Small changes = big impact.