

Raised in Captivity: A Somatic Map of Culture & the Nervous System



Framework by Lori Glazebrook

You're Not Imagining Things

Most people I work with are not unaware.

They are **observant, responsible, highly attuned.**

They can see the pressure.

They can name the dynamics.

They understand why they're tired.

And still, their body organizes around endurance.

Not because they are weak.

Not because they lack tools.

But because they have adapted—intelligently—to prolonged cultural conditions that reward over-functioning, composure, and usefulness.

Over time, **adaptation gets misread as personality.**

As *resilience*.

As "just how life is."

This framework names something directly:

Your nervous system is not reacting randomly. It is responding to patterned cultural pressure.

Before we talk about healing, regulation, or coping, we have to see the pattern clearly.

Because what remains unnamed becomes normalized.

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2026



Why Regulation Alone Doesn't End Burnout

Most conversations about burnout, overwhelm, and “nervous system regulation” focus on individual stress.

Breathing. Boundaries. Self-care, Coping skills.

Some of that can help. But it rarely explains why so many capable, aware, and responsible people still feel chronically tense, exhausted, and unable to truly slow down.

This framework begins from a different orientation:

The nervous system does not develop in isolation. It develops inside families, workplaces, cultures, and systems that shape what is safe, rewarded, punished, or ignored.

Over time, repeated patterns become internalized. Not as beliefs alone—but as physiological adaptations.

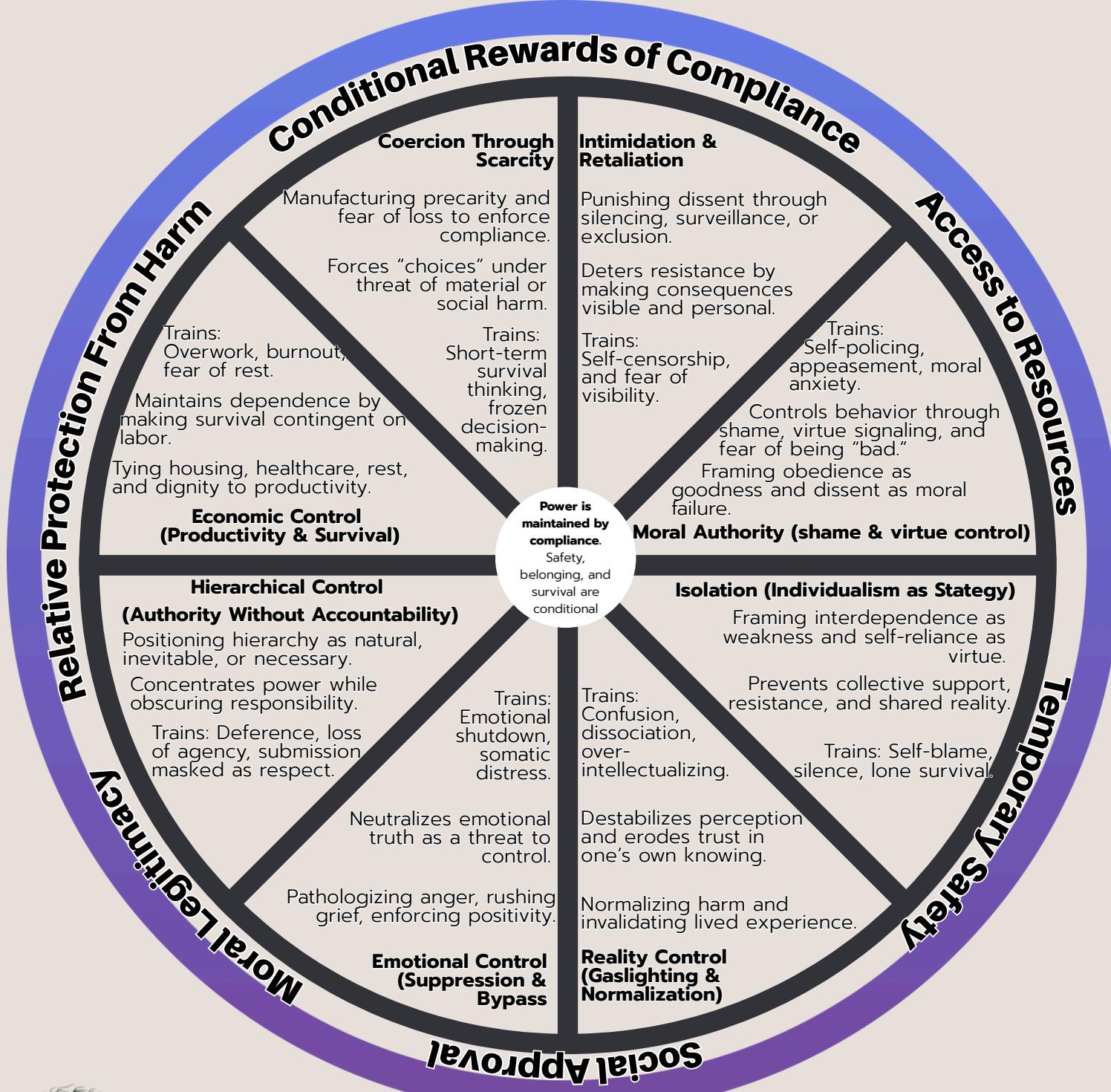
What you call “stress” may actually be your body responding to normalized conditions it was never meant to sustain indefinitely.

Regulation without context often stabilizes people inside the very conditions that are exhausting them.



Captivity-Culture Wheel

This wheel maps how control operates culturally, not just interpersonally. Over time, these pressures become internalized as responsibility, resilience, and being a “good person.”



How the Wheel Shows Up In Real Life:

You can see these dynamics in environments where exhaustion is normalized and rest is quietly framed as irresponsibility.

In **workplaces** where over-functioning is praised as dedication.

In **healing spaces** where anger is pathologized but compliance is rewarded.

In **communities** where saying “no” shifts how you are perceived.

No one has to explicitly demand self-abandonment. The atmosphere communicates it.

The body learns:

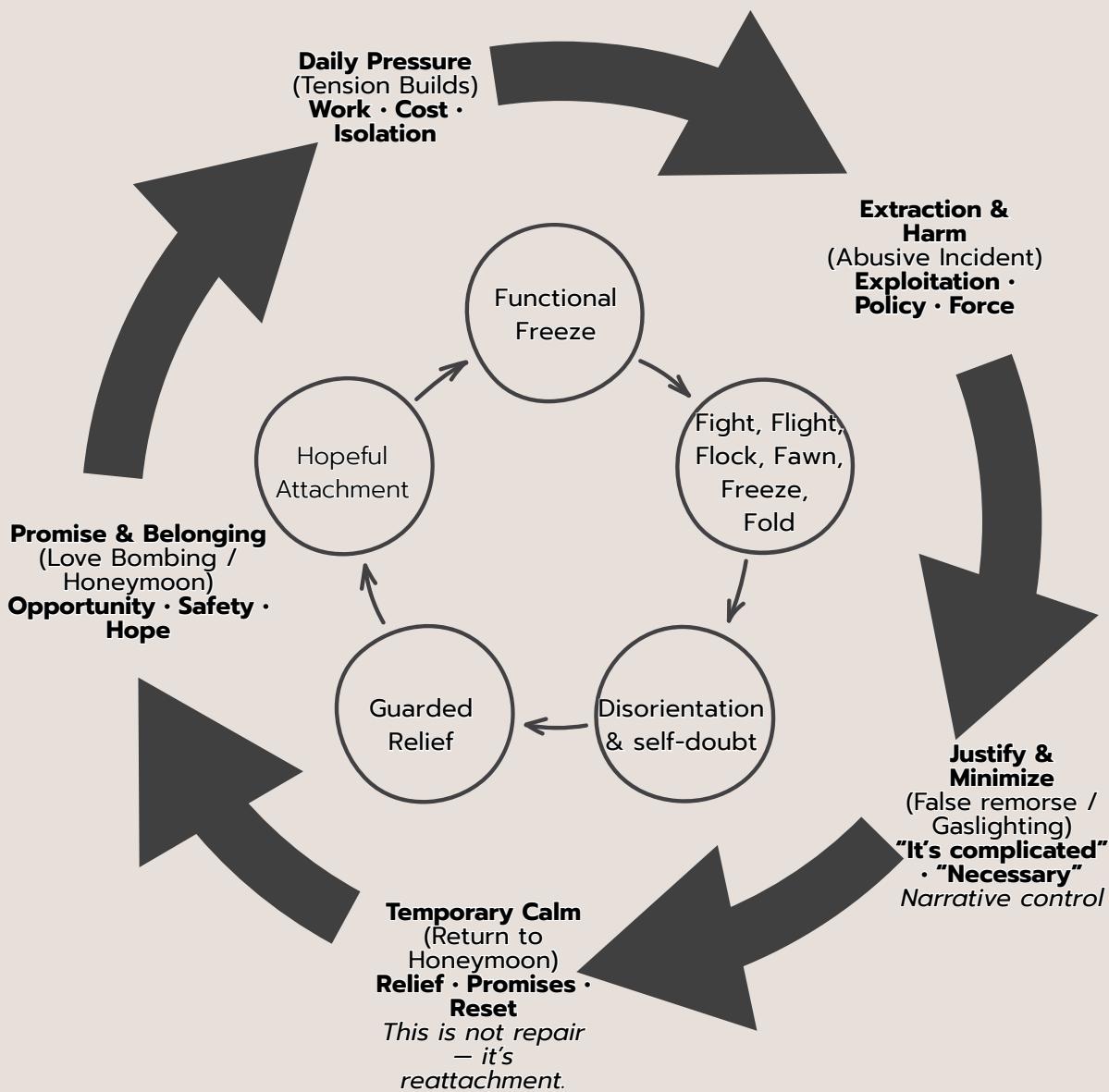
- stay useful
- stay agreeable
- stay functional enough to survive environments that may not actually be sustainable.

No one has to demand self-abandonment directly. The atmosphere trains it.



Captivity-Culture

A CYCLICAL PATTERN OF COLLECTIVE
NERVOUS-SYSTEM DYSREGULATION



This is why burnout feels cyclical, not random.



How the Wheel Lives in the Body

Over time, the wheel stops being external. It becomes embodied.

Not as personality.

As adaptation.

Over-functioning.

Agreeableness.

Endurance past capacity.

Collapse when the load becomes unsustainable.

Many people can intellectually understand these patterns and still feel stuck inside them.

Because **awareness alone does not reorganize adaptation.**

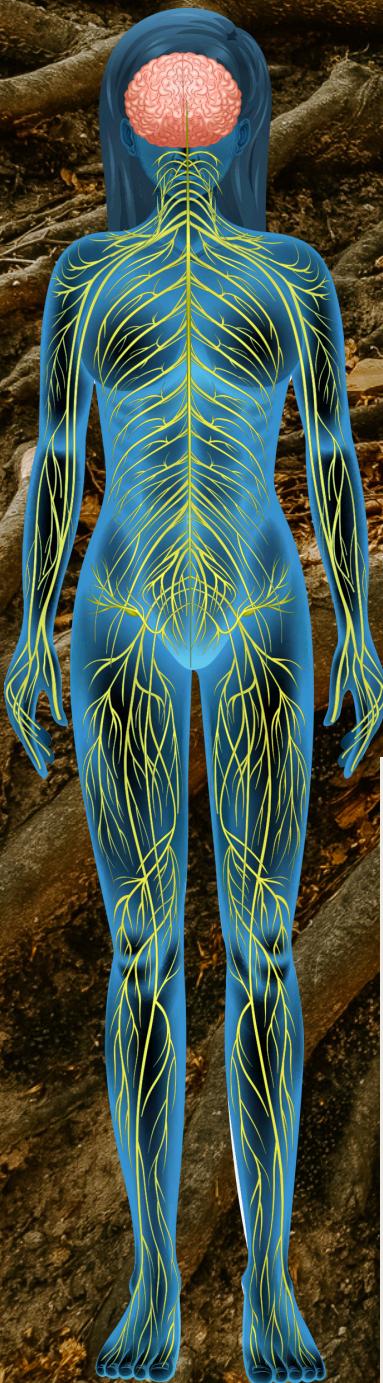
This is what I address through my work.

I map how captivity-culture lives in your nervous system within the reality of your roles, responsibilities, and environments.

Not abstract insight.

Applied pattern interruption that your body can actually sustain.





Reorienting the Pattern (Liberation Wheel)

If the Captivity-Culture Wheel maps how pressure becomes internalized, the Liberation Wheel maps how patterns begin to loosen.

Not through force. Not through bypass. Through **awareness, context, and somatic capacity.**

Rewilding the nervous system is not about “calming down.” It’s about restoring discernment, relational truth, and sustainable response inside real-life conditions.



Repair is Cyclical, Not Linear.

Survival cycles prioritize functioning at all costs.

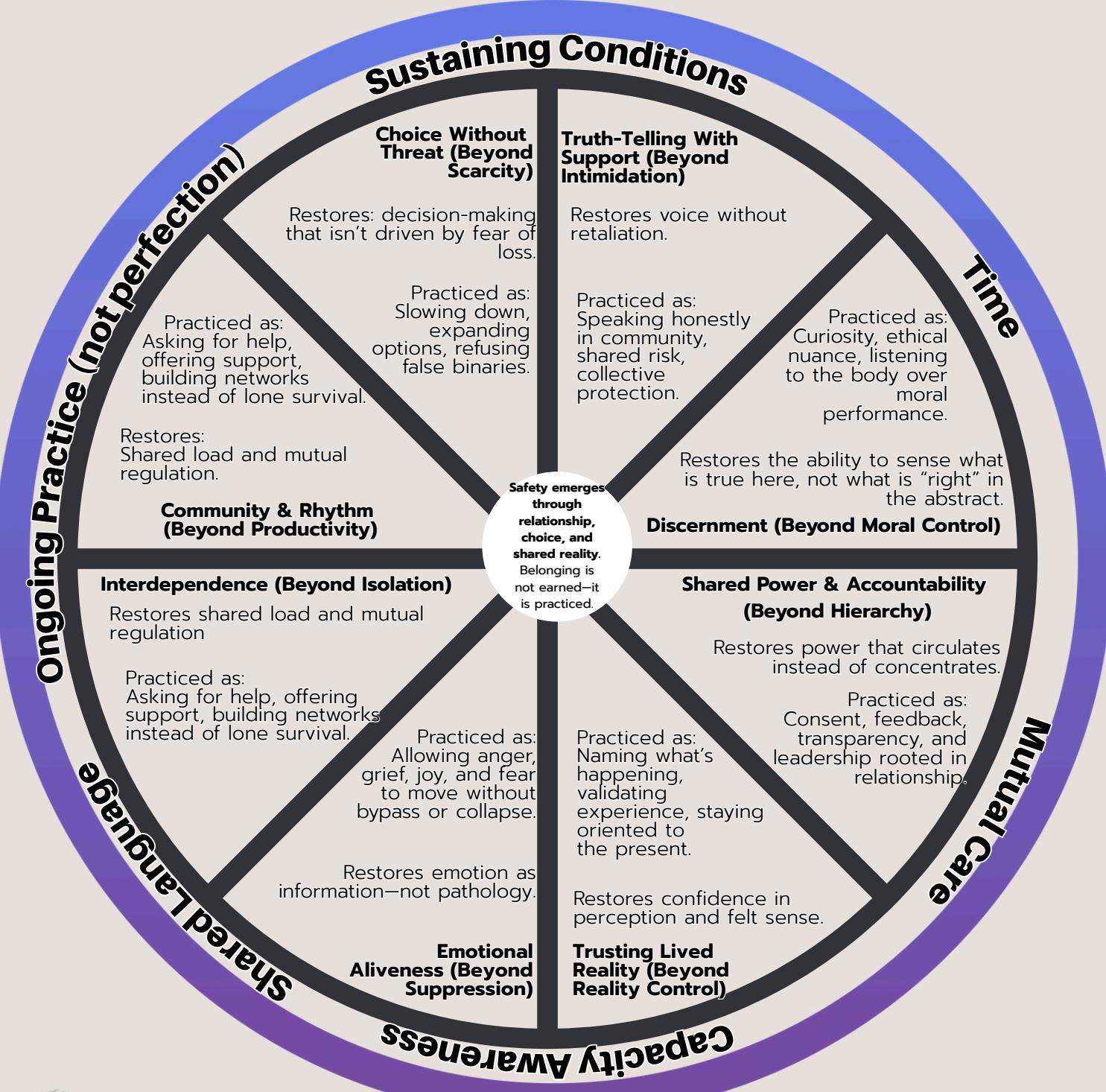
Repair cycles prioritize **sustainability**, **awareness**, and **integration**.

This is the applied focus of my work: mapping how captivity-culture lives in the nervous system and supporting real-life pattern interruption over time.

Not quick fixes or performance healing. *This is relational, embodied repair.*

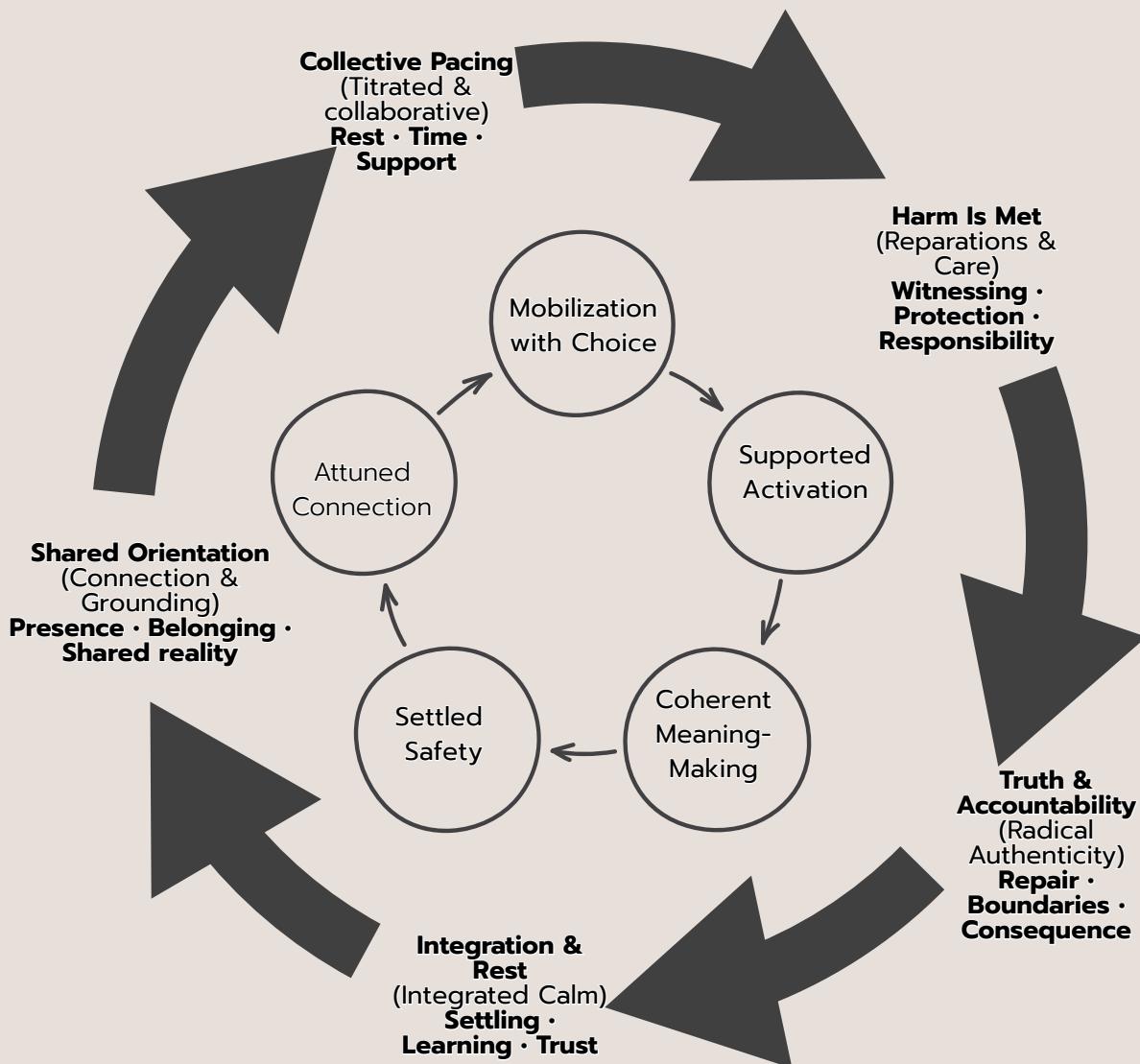
Liberation Wheel

This isn't self-help. This is cultural repair through the body.



REWILDING / REPAIR CYCLE

A CYCLICAL PATTERN OF COLLECTIVE
NERVOUS-SYSTEM REPAIR



What Does Repair / Rewilding Look Like

Repair is rarely dramatic. It's often slow, relational, and cyclical.

At the nervous system level, repair often looks like:

- Recognizing adaptation patterns instead of pathologizing yourself
- Expanding capacity instead of forcing performance
- Developing boundaries your body can actually tolerate
- Restoring access to authentic responses
- Reorienting toward environments that support regulation—not just demand output

This isn't about becoming perfectly regulated. It's about becoming less governed by survival adaptations and more responsive to reality.



Who This Framework is For:

- Helpers, educators, and caregivers.
- Practitioners and therapists.
- Leaders holding sustained responsibility
- People navigating burnout despite high awareness
- Individuals who “function well” externally but feel internally depleted
- Those who sense systemic patterns but lack the language to map them
- Especially those who can’t simply disengage from responsibility, but want to relate to their capacity, boundaries, and nervous system in more sustainable ways.



If This Map Resonates

If this map resonated, the next step is application.

I work with individuals, practitioners, and organizations to map how captivity-culture lives in real nervous systems—not in theory, but in lived roles, responsibilities, and environments.

If you want to go deeper:

- 1:1 sessions (applied nervous system mapping)
- Small group spaces (relational pattern interruption)
- Consulting for practitioners and organizations
- Weekly Substack unpacking the Captivity-Culture Wheel in real time

You don't need more information. You need context, language, and applied support.

With you in the rewilding,
Lori ❤️🔥

