

THE 4 MAIN TRAUMA

Responses

FIGHT

This is where we've figured out that in order to survive, we need to fight back or attack first.

Healthy response: being assertive, setting healthy boundaries with others, protecting yourself, being a good leader.

Unhealthy response: being over aggressive, attacking people, bullying, perfectionism, narcissism.

FLIGHT

This is where we feel that we have to escape or avoid.

Healthy response: taking a break, disengaging from difficult conversations, escaping unhealthy relationships.

Unhealthy response: escaping responsibilities, alcoholism, drugs, procrastination, staying in a comfort zone.

FREEZE

This is where we actually stop or stand still. We don't move forward or backwards, we don't do anything.

Healthy response: mindfulness, stillness.

Unhealthy response: dissociation, detachment from the world, completely numbing, isolating, suppressing feelings.

FAWN

A response that has to do with people-pleasing.

Healthy response: having compassion, being caring, taking time to listen, support, validate others, empathise.

Unhealthy response: putting aside all our needs, co-dependent relationship, being available 24/7, staying in toxic relationships, having no boundaries, "pretend" empathy.