

TRAUMA RESPONSE

Understanding your trauma response

	HOW AM I FEELING?	WHY?
FIGHT 		
FLIGHT 		
FREEZE 		
FAWN 		

TRAUMA RESPONSE

When you have experienced trauma, it is often difficult to regulate emotions and the zone of arousal where they can function effectively becomes quite narrow.

Fight Fight is the instinct to stand up and fight the threat. • Anger outbursts • Controlling • Explosive behavior • Narcissistic	Flight Flight is the instinct to run away from the danger. • Over-thinker • Anxiety & panic • OCD & perfectionist
Freeze Freeze is the instinct to stay still and wait for the danger to pass. • Difficulty making decisions • Dissociation • Isolating	Fawn Fawn is the instinct to try to appease the threat by being submissive. • People pleaser • Lack of identity • Overwhelmed • No boundaries • Codependency

TRAUMA

Understanding your trauma response

Check each category below, tick the symptoms that relate to you

FIGHT Grinding teeth Stense anger Irgs to punch something	☐ Knot in stomach ☐ Crying in anger
FLIGHT Pale skin tense muscles rapid breathing and heart rate	☐ Dry mouth ☐ Dilated pupils
FREEZE Physical immobility I drop in heart rate Feeling cold or numb	☐ Muscle tension ☐ Restricted breathing ☐ Heaviness of limbs
FAWN Appeasing the threat People-pleasing Avoid or minimize distress	☐ Approval by others ☐ Maladaptive

HEAD.HEARTS.HANDS

Trauma Healing Review

Joann Lutz



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