

The Brain's Automatic responses to Trauma and Post-Traumatic Triggers

Complex Post-Traumatic Stress | Post-Traumatic Stress | Adverse Childhood Experiences

FIGHT

- ✎ Self-preservation at all costs
- ✎ Anger—Explosive temper, outbursts
- ✎ Aggressive behavior
- ✎ Can't hear others points of view
- ✎ Pronounced sense of entitlement
- ✎ Dominate/Control others
- ✎ Demand perfection from others
- ✎ Pursue Power and Control
- ✎ Impulsive Decision Making
- ✎ Assertive "Bully"
- ✎ Incessant Criticizing/Raging
- ✎ Dictatorial tendencies

These behaviors are symptoms of the automatic trauma response.
This trauma response often clinically labels a person with/as:
Narcissist, Sociopath, Conduct Disorder

FLIGHT

- ✎ Feelings of panic and anxiety
- ✎ 'Workaholic'
- ✎ Obsessive and/or compulsive behaviors
- ✎ Always on the go
- ✎ Staying busy
- ✎ Over worrying
- ✎ Perfectionist
- ✎ Over achiever
- ✎ Hyperactive, rushing around
- ✎ Over analytical
- ✎ Can't sit still/relax
- ✎ Tries to micromanage situations/other people

These behaviors are symptoms of the automatic trauma response.
This trauma response often clinically labels a person with/as:
Obsessive-Compulsive, Bipolar, ADHD, Panic, Mood Disorder

FREEZE

- ✎ Depression
- ✎ Dissociation
- ✎ Brain Fog
- ✎ Avoids human contact
- ✎ Detached
- ✎ Isolating self from the outside world
- ✎ Wants to hide from the world
- ✎ Struggles with making/acting on decisions
- ✎ Hibernating
- ✎ Couch potato
- ✎ Lifeless/feeling dead inside
- ✎ Feeling 'spaced out'
- ✎ Feeling unreal
- ✎ Dissociates
- ✎ Achievement-phobic

These behaviors are symptoms of the automatic trauma response.
This trauma response often clinically labels a person with/as:
Depression, Schizophrenia, Attention Deficit, Dissociative Identity

FAWN

- ✎ Co-Dependent
- ✎ Has a hard time standing up or saying 'no'
- ✎ Scared to share their opinion
- ✎ Talks about 'other' instead of themselves
- ✎ Lack of boundaries, easily exploited by others
- ✎ Defers to others in decision making
- ✎ Avoids conflict
- ✎ Difficult to identify feelings, even when alone
- ✎ Feel like you have no identity
- ✎ Constantly trying to please people
- ✎ Appease the other person to avoid conflict
- ✎ Accept beliefs, thoughts, and truths of others
- ✎ Uncomfortable/threatened when asked opinion
- ✎ Concerned with social standing/acceptance
- ✎ 'Angel of Mercy' / Over-caring / 'Yes' person

These behaviors are symptoms of the automatic trauma response.
This trauma response often clinically labels a person with/as:
Codependent, Victim, Borderline Traits