

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