

FIGHT

Sympathetic NS

- irritability
- anger
- aggression
- moving toward



FLIGHT

Sympathetic NS

- anxiety & fear
- panic
- avoiding
- chronic worry
- perfectionism

What if...?



TRAUMA RESPONSES

FREEZE

Dorsal Vagal

- stuckness
- collapse
- immobilization
- spacing out
- dissociation
- depression
- shame



FAWN*

- people-pleasing
- avoiding conflict
- prioritizing others needs over own
- difficulty saying "no"
- setting boundaries is hard

