

The Six Responses to Trauma

Fight

This response involves engaging in attacks and defenses to confront a perceived threat. The attack can be physical or verbal and is an instinctive reaction aimed at protecting oneself.

Flight

A flight response involves literally or symbolically escaping a threat. This can manifest as using avoidance strategies to create physical or emotional distance between oneself and the trauma.

Freeze

A freeze response occurs when one becomes overwhelmed, leading to a state of numbness or paralysis. It is typically a momentary pause where the next course of action is not immediately clear.



Fawn

This response is a psychological reaction where one tries to appease traumatic stimuli in an effort to make it stop. This often involves accommodating a perpetrator or abuser.

Fine

This response involves denying or downplaying the impact of trauma in an attempt to convince oneself that everything is okay.

Faint

Fainting or losing consciousness is a physical reaction to trauma that is caused by a sudden drop in heart rate.

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