

Our Adaptive Survival Response

Safety and Social Connection

Safe, warm, laughter, free, safety, connection with others, social engagement, gentle, heart rate is regulated, breath is full, able to read facial expression, able to tune in to conversations, able to tune out distractions, see the big picture, happy, active, interested, fun, peaceful, able to reach out to others, connected to experiences, organized, following through with plans, taking care of self, productive, emotional regulation, healthy heart, regulated blood pressure, healthy immune system, good digestion, quality sleep, sense of well being

Can Take Action

Fight

violence, hyper-vigilance, yelling, explosive anger, judgmental, mistrusting, controlling, hostile, rigid, dominating, demanding, critical, impulsive, must protect self, self destructive, blame, mean, defensive, deflecting responsibility, oppositional, moving toward threat, aggressive, irritable

Flight

fear, wanting to escape, fantasizing, numbing, binge watching, chronic worry, addiction, compulsion, spacey and foggy, chronic checking of smart phones or devices, anxious, restless, obsessive, perfection, panic, on the go, achievement focus, over-analytical, driven, distracted, can't commit, procrastination, overwhelmed, avoidant, ignoring problem

Lack of Power

Attached Cry for Help

Panic, seeking or clinging for help, pleading, reaching, intense loneliness, fear of being abandoned, difficulty being alone, waiting for phone call

Fawn, Submit, or 'Please and Appease'

People-pleasing, co-dependent, diffuse boundaries, avoids conflict, defers to others, concerned with fitting in, identity confusion, exploited, use of flattery, trouble saying no, pacifying, placating, over-explaining, taking responsibility for others, devaluing own needs, compliance, obedience, shame, self critical, feel worthless, over care taking of others

Freeze, Faint or Collapse

Far away, dark place, quiet, silent, mute, alone, small, barely breathing, hidden, trapped, shut down, freeze, paralyzed, faint, immobilized, detached, disassociation, alone, not knowing, not being, hopeless, numb, foggy, too tired to think or act, empty, conservation, lost, memory problems, isolation, depression, no energy, chronic fatigue