

# TRAUMA RESPONSES

## FIGHT

Behaving aggressively  
Controlling  
Demanding perfection from others  
Bullying  
Explosive outbursts

## FLIGHT

Using work as an escape  
Striving to be perfect  
Rushing around | Difficulty sitting still  
Over-thinking | Obsessive thinking  
Feelings of panic or anxiety

## FREEZE

Having difficulty making decisions  
Isolating self from others  
Spacing out | Feeling numb  
Being a couch potato  
Disassociating

## FAWN

Having limited or no boundaries  
Avoiding conflict  
People-pleasing  
Struggling to say 'no' to others  
Co-Dependency