

# TRAUMA RESPONSES

## QUICK REFERENCE SHEET

<p>FIGHT</p> 	<ul style="list-style-type: none"> <li>• ANGER OUTBURSTS</li> <li>• EXPLOSIVE BEHAVIORS</li> <li>• CONTROLLING BEHAVIORS</li> <li>• IMPULSIVE DECISION MAKING</li> <li>• PURSUES POWER &amp; CONTROL</li> <li>• DEMANDS PERFECTION FROM OTHERS</li> </ul>
<p>FLIGHT</p> 	<ul style="list-style-type: none"> <li>• PERFECTIONISM</li> <li>• PANIC &amp; ANXIETY</li> <li>• INABILITY TO SIT STILL</li> <li>• OBSESSIVE AND/OR COMPULSIVE TENDENCIES</li> <li>• WORKAHOLIC TENDENCIES</li> <li>• CONSTANT FEELINGS OF FEAR</li> </ul>
<p>FREEZE</p> 	<ul style="list-style-type: none"> <li>• ISOLATION</li> <li>• DISSOCIATION</li> <li>• FREQUENT ZONING OUT</li> <li>• DIFFICULTY TAKING ACTIONS</li> <li>• DIFFICULTY MAKING DECISIONS</li> <li>• FEAR OF ACHIEVING OR TRYING NEW THINGS</li> </ul>
<p>FAWN</p> 	<ul style="list-style-type: none"> <li>• LACK OF IDENTITY</li> <li>• PEOPLE PLEASING BEHAVIORS</li> <li>• LITTLE OR NO BOUNDARIES</li> <li>• CODEPENDENT RELATIONSHIPS</li> <li>• FEELING TAKEN ADVANTAGE OF</li> <li>• PRIORITIZING OTHERS' NEEDS OVER YOUR OWN</li> </ul>
<p>MORE INFO</p> 	<p>Unhealthy Fight:</p> <ul style="list-style-type: none"> <li>• Fighting over small things</li> <li>• Getting defensive about criticism</li> </ul> <p>Unhealthy Flight:</p> <ul style="list-style-type: none"> <li>• Ending relationships quickly</li> <li>• Shutting down emotionally to avoid vulnerability</li> </ul> <p>Unhealthy Freeze:</p> <ul style="list-style-type: none"> <li>• Silent treatment and refusing to communicate</li> <li>• Struggling to express needs</li> </ul> <p>Unhealthy Fawn:</p> <ul style="list-style-type: none"> <li>• Apologizing for everything</li> <li>• Constantly seeking approval</li> </ul>