



# TRAUMA RESPONSES

## FIGHT



ANGRY  
OFFENDED  
UPSET  
STRESSED OUT  
IRRITATED  
TENSE

BULLYING  
CONTROLLING  
NARCISSISTIC  
EXPLOSIVE BEHAVIOR  
AGGRESSIVE  
DEFENSIVENESS

**HOW YOU MAY FEEL** | **HOW YOU MAY ACT** | **WHAT CAN YOU DO ABOUT IT?**

**DEEP BREATHING EXERCISES** (inhale/exhale icon) | **PHYSICAL ACTIVITY SUPPORT NETWORK** (runner icon) | **MINDFUL** (yogi icon)

**POSITIVE SELF-TALK** (woman hugging icon) | **JOURNALING THOUGHTS** (journal icon) | **GROUNDING TECHNIQUES** (thumbs up icon)

## FLIGHT



ANXIOUS  
PANICKED  
SCARED  
DISTRACTED  
ZONED OUT  
TRAPPED

OVER THINKER  
CAN'T STAY STILL  
AVOIDING CONFLICT  
PERFECTIONIST  
WORKAHOLIC  
HYPERVIGILANCE

**CONTROLLED BREATHING** (lungs icon) | **SAFE SPACE VISUALIZATION** (trees icon) | **SLOW PHYSICAL MOVEMENT** (arm icon)

**MINDFUL AWARENESS** (heart icon) | **CALMING AFFIRMATIONS** (frog icon) | **COGNITIVE REFRAMING** (brain icon)

**SELF-SOOTHING TECHNIQUES** (cloud icon)

## FREEZE



NUMB  
EMPTY  
BORED  
LACKING FOCUS  
SCARED  
SHAME

DISSOCIATED  
DEPRESSED  
SEEKING SOLITUDE  
AVOIDING RELATIONS  
DAY DREAMING  
INDECISIVENESS

**GROUNDING EXERCISES** (thumbs up icon) | **PROGRESSIVE MUSCLE RELAXATION** (muscle icon) | **REORIENTING THOUGHTS** (woman icon)

**FOCUSED BREATHING** (man icon) | **SAFE OBJECT HOLDING** (hand icon) | **GENTLE MOVEMENT** (mountains icon)

**SENSORY AWARENESS** (mouth icon)

## FAWN



OVERWHELMED  
SCARED  
DISCONNECTED  
RESPONSIBLE FOR OTHERS  
BURN OUT  
INAUTHENTIC

PEOPLE PLEASING  
CO-DEPENDANCY  
DIFFICULTY SAYING NO  
EASILY MANIPULATED  
NO BOUNDARIES  
OVER APOLOGIZING

**BOUNDARY SETTING PRACTICE** (person icon) | **REFLECTIVE JOURNALING** (journal icon) | **PRIORITIZE SELF-CARE** (heart icon)

**ASSERTIVENESS TRAINING** (woman icon) | **INNER CHILD HEALING** (heart icon) | **DETACHMENT TECHNIQUES** (chain icon)

**SELF-VALIDATION AFFIRMATIONS** (medal icon)