

TRAUMA RESPONSES

FLOP

GOES LIMP, FAINTS,
LOSS OF PHYSICAL
CONTROL



FREEZE

DISASSOCIATES,
SHUTS DOWN



FIGHT

NARCISSISTS,
BULLIES, RAGES



FAWN

PLEASERS, ACQUIESCES,
CODEPENDENT, SILENCES
AND REPRESSES SELF



FLIGHT

DISTRACTED, PERFECTIONISTS,
ADDICTS, OVEREATS, STAYS BUSY



Brain Control Of Responses To Trauma

Arturo Cuomo



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