

4 WAYS THE STRESS TRAUMA RESPONSES SHOW UP IN OUR LIVES & BODIES

STUCK IN ON



Fight

angry
irritated
blaming
overwhelmed
snappy
controlling
blaming



Flight

anxious
panicky
insomnia
obsessive compulsive
overwhelmed
catastrophising
sense of urgency -
I must do this now!

STUCK IN OFF



Fawn

inability to set boundaries
people pleasing
despairing
full of doom
powerlessness
inability to say no
helpless



Freeze

checked-out
numb
demotivated
depression
exhaustion
apathy
things feel pointless

ZOË CLEWS
& ASSOCIATES
