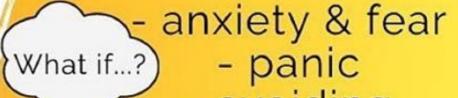
FIGHT

Sympathetic NS

- irritability
 - anger
- aggression
- moving toward



Sympathetic NS



- avoiding
- chronic worry
 - perfectionism

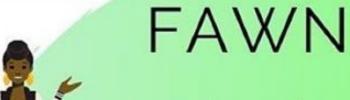


TRAUMA RESPONSES

FREEZE

Dorsal Vagal

- stuckness
- collapse
- immobilization
 - spacing out
 - dissociation
 - depression -shame



- people-pleasing
- avoiding conflict
- prioritizing others needs over own difficulty saying "no"
- setting boundaries is hard





