

Five Trauma Responses

Flop

to collapse, become unresponsive, or lose bodily function



Fawn

to please someone to avoid conflict



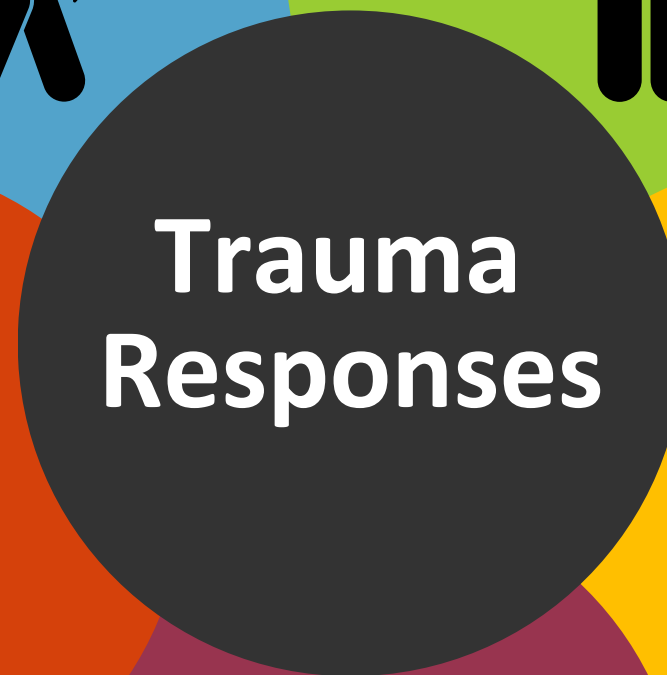
Freeze

inability to move or act against a threat



Fight

to face any perceived threat aggressively



Flight

to run away from danger or threat

Used in part: <https://www.ptmealpodcast.com/blog/understanding-fight-flight-freeze-fawn-flop/>
<https://www.visionpsychology.com/trauma-responses/>