

Arggggh!!! I'm triggered!!!!!!

Once stress reaches a person's threshold, the amygdala, which is responsible for survival takes over, and rational thinking goes out the door and the more reactive tendencies towards fight, flight, and freeze rise quickly to the surface. If you notice you are unable to feel care for other person, you have lost your ability to resolve conflict in a win/win manner. At this point it is best to take a break and do some self-care.

Start by taking a **"Connected Time-Out"** asap. Then try some of the ideas listed on the next page. Once you have sufficiently calmed down, you can pull out your **"Challenging Situation Worksheet"** and follow the steps to prepare yourself before trying to re-enter the conversation. When you re-enter the conversation, remember to take it slow, and seek first and foremost to build mutual understanding, mutual care, and mutual commitment to find the best win/win possible.

FIGHT

- 'Self-preservation' at all costs
- Explosive temper and outbursts
- Aggressive, angry behavior
 - Controls others
 - Bully
 - Can't 'hear' other points of view
 - A pronounced sense of entitlement
 - Demands perfection from others
 - Dictatorial tendencies

Typically mis-labelled as:

- Narcissist
- Sociopath
- Conduct disorder

FLIGHT

- Obsessive and / or compulsive behavior
 - Feelings of panic and anxiety
 - Rushing around
 - Over-worrying
 - Workaholic
 - Can't sit still, can't relax
- Tries to micromanage situations and other people
 - Always 'on the go', busy doing things
 - Wants things to be perfect
 - Over-achiever

Typically mis-labelled as:

- OCD
- Bipolar
- ADHD
- Panic disorder
- Mood disorder

FREEZE

- Spacing out
- Feeling unreal
- Hibernating
- Isolating the self from the outside world
 - Couch potato
 - Dissociates
 - Brain fog
- Difficulties making decisions, acting on decisions
 - Achievement-phobic
 - Wants to hide from the world
 - Feels 'dead', lifeless

Typically mis-labelled as:

- Clinical depression
- Schizophrenia
- ADD
- DID

FAWN

- People pleasing
 - Scared to say what they really think
 - Talks about 'the other' instead of themselves
 - Flatters others (to avoid conflict)
 - 'Angel of mercy'
 - Over-caring
 - 'Sucker'
- Can't stand up for the self, say 'no'
 - Easily exploited by others
- Hugely concerned with social standing and acceptance, 'fitting in'
 - 'Yes' man (or woman...)

Typically mis-labelled as:

- Codependent
- 'Victim'

C-PTSD: THE FOUR 'STRESS' RESPONSES

Most people have one or two dominant 'stress' responses that they typically fall back into as their main mode of reacting to stressful triggers and situations, or perceived threats.

LEARN MORE AT: WWW.SPIRITUALSELFHELP.ORG

When triggered, the underlying needs is always for safety to feel physically and emotionally safe.