

THE FOUR 'F'S OF TRAUMA RESPONSE

How do you act?

- Bullying
- Impulse to control
- Defensiveness
- Raging
- Pursuing power
- Narcissistic tendencies
- Demanding perfection from others
- Criticizing

What are you feeling?

- Angry
- Upset
- Irritated
- Offended
- Stressed out
- Prouoked
- Clenched jaw
- Tensed muscles
- Racing heart

What can you do about it?

- Physical movement
- Use grounding techniques
- Accept support
- Practice self-care



How do you act?

- Difficulty staying still
- Workaholic tendencies
- Perfectionist
- Worrying
- Adrenaline-junkie
- Hyperactive
- Performance anxiety
- Panic and constant fear

What are you feeling?

- Anxious
- Panicked
- Worried
- Hard to focus
- Scared
- Spacing out
- Distracted
- Wanting to escape

What can you do about it?

- Learn to pace yourself
- Practice setting boundaries
- Incorporate contemplation time



How do you act?

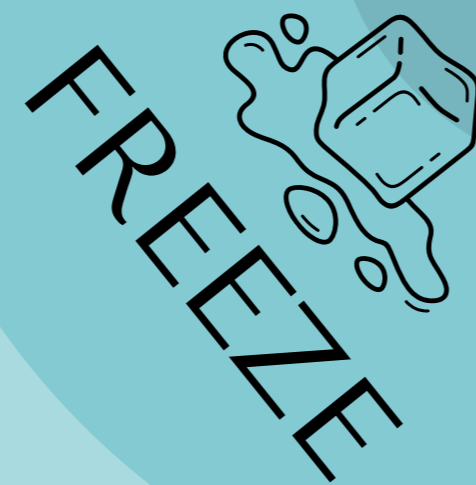
- Social anxiety
- Isolated
- Difficulty making decisions
- Dissociated
- Couch potato
- Daydreaming
- Depression

What are you feeling?

- Numbness
- Zoned out
- Shame
- Brain fog
- Bored
- Constant fear
- Emptiness
- Stiff body

What can you do about it?

- Expand your comfort zone
- Realize you are not alone
- Do random acts of kindness
- Start saying 'Yes'



How do you act?

- People pleasing
- Trying to fit-in at all costs
- Lack of identity
- Always saying 'Yes'
- No boundaries
- Codependent
- Prioritising others needs

What are you feeling?

- Overwhelmed
- Fear of saying 'No'
- Can't be true to yourself
- Disconnected from own body and needs
- Emotional burnout
- Feeling responsible for others

What can you do about it?

- Build healthy relationships
- Learn to value yourself
- Accept that you can't please everyone
- Start saying 'No'

