



This adaptive strategy also allowed humans to respond and regulate social environments (Porges, 2009).

response Type	Definition	May present as...	Mislabeled as...
Fight	posturing against or confronting the perceived threat.	explosive outbursts, anger, defiance, or demanding.	Narcissistic
Flight	fleeing or symbolically fleeing the perceived threat by way of a "hyperactive" response.	anxiety, fidgeting, over-worrying, workaholic tendencies, or fidgeting.	OCD
Freeze	dissociating in response to the perceived threat.	spacing out, losing time, feeling unreal, brain fog, or feeling numb.	Dissociative Disorder
Fawn	Placating the perceived threat in an attempt to forestall imminent danger.	People-pleasing, fear to express self, flattery, "yes" person, exploitable, fear of fitting in	Codependent Disorder

This theory adds the following trauma responses:

Response Type	Definition	Other Clinical Terms Used
Flood	Being flooded with emotions in response to a perceived threat.	Emotional flooding, emotional dysregulation
Fatigue/Flop	Feeling tired or sleepy in response to a perceived threat.	Disassociating, numbing