

Your Trauma Response Healing Guide

A practical companion to your quiz result — Fight, Flight, Freeze & Fawn

Your trauma response isn't a flaw — it's a survival strategy your nervous system learned. This guide gives you the core tools to recognise it in real time and begin working *with* it rather than against it. Keep it somewhere you can return to.

The Four Responses at a Glance

- **Fight** — threat met with anger, control, or confrontation. Underneath: a need to feel safe and powerful.
- **Flight** — threat met with busyness, avoidance, or escape. Underneath: a belief that stopping isn't safe.
- **Freeze** — threat met with shutdown, numbness, or going blank. Underneath: 'if I disappear, I'm safe.'
- **Fawn** — threat met with people-pleasing and self-abandonment. Underneath: 'if you're happy, I'm safe.'

Most people have a **primary** response and a **secondary** one that kicks in when the first fails. Your quiz result shows your mix.

The 90-Second Reset

The chemical surge of a trauma response peaks and begins to fade in about 90 seconds — *if* you don't feed it with thoughts. When you feel activated:

- **Name it:** say silently, 'My [fight/flight/freeze/fawn] response is activating.' This re-engages the thinking brain.
- **Breathe long exhales:** in for 4, out for 6–8. A longer out-breath switches on the body's calming system.
- **Drop into the body:** feel your feet on the floor, name 5 things you can see, 4 you can hear, 3 you can touch.
- **Wait it out:** give the wave 90 seconds before you act, reply, or decide.

Journaling Prompts for Your Type

Pick the set that matches your primary result. Five honest minutes is enough.

Fight

- What was I actually afraid of, underneath the anger?
- Where did I learn that backing down wasn't safe?
- What would 'grounded firmness' (vs. survival rage) look like here?

Flight

- What feeling shows up when I finally stop moving?
- What am I outrunning by staying so busy?
- What is one thing I can leave unfinished today on purpose?

Freeze

- When did going still or invisible keep me safe?
- What do I notice in my body right before I shut down?
- What is the smallest possible action I could take right now?

Fawn

- Where did I say yes today when I meant no?
- Whose feelings was I managing at my own expense?
- What do I actually want here — before considering anyone else?

A Simple 4-Step Healing Plan

- **1. Notice** — catch the response earlier each time. Awareness alone loosens its grip.
- **2. Regulate** — use the 90-second reset so your nervous system learns it's safe.
- **3. Understand** — trace the pattern to where it began (journaling or therapy helps here).
- **4. Repair & choose** — after a slip, repair kindly, and practise a small new response.

When to Reach for Support

If your response is straining your relationships, work, or sense of self — or you feel stuck despite real effort — working with a trauma-informed therapist can change the baseline, not just the symptoms. Approaches like EMDR, somatic therapy, and IFS are designed exactly for this. There's no prize for doing it alone.

Explore more at whatsmytraumaresponse.com — deep-dive guides for each response, real-life scenarios, and therapist comparisons. This guide is for education and self-awareness, not a diagnosis or a substitute for professional care.