



Four Responses To Trauma

According to the American Psychological Association (APA), trauma is “an emotional response to a terrible event like an accident, rape, or natural disaster.”

A person may experience trauma as a response to any event they find physically or emotionally threatening or harmful. A traumatized person can feel a range of emotions both immediately after the event and in the long term.

Trauma can have long-term effects on the person’s well-being.

There are four responses to trauma.

- 1 **Fight** is self-preservation no matter who you hurt in the process.
- 2 **Flight** response is when you leave the situation entirely. For instance you may leave an unhealthy relationship or disengage from harmful conversations.
- 3 **Freeze** is an attempt to self-preserve though dissociation.
- 4 **Fawn** is primarily related to people-pleasing. Individuals who spend a lot of time around toxic people sometimes learn to go above and beyond to make the toxic person happy, thus neutralizing the threat.

To learn more, [click here](#).