

Printable Somatic Healing Cards

Get to Know Your Trauma Responses:

Fight, Flight, Shutdown,
Freeze, and Fawn

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FIGHT

Nervous System State: Sympathetic

Characterized by: moving *towards*
the danger or threat (real
or perceived)

Examples: Anger, Frustration, Rage,
Aggression, Perfectionism, Control

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FLIGHT

Nervous System State: Sympathetic

Characterized by: moving *away*
from the danger or threat
(real or perceived)

Examples: Anxiety, Panic,
Overthinking, Escaping,
Distracting, Avoiding

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SHUTDOWN

Nervous System State: Dorsal Vagal

Characterized by: immobility,
unable to move towards or away
from danger or threat (real
or perceived)

Examples: Sadness, Shame,
Isolation, Dissociation, Numbness

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FREEZE

Nervous System State:
Dorsal/ Sympathetic

Characterized by: tonic immobility, deer in headlights, wanting to move towards or away from the danger or threat (real or perceived) but can't

Examples: Stuckness, Procrastination, Doom scrolling, Difficulty making decisions, Urgency/ exhaustion cycle

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FAWN

Nervous System State:
Dorsal/ Sympathetic

Characterized by: averting the threat or danger (real or perceived) by appeasing and pleasing

Examples: People pleasing, Self-abandoning, Codependency, Playing small, Lack of identity, Avoiding conflict

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