

SURVIVAL BEHAVIORS DURING

Attachment Flashbacks

Fight Type

- narcissistic
- explosive
- controlling
- entitled
- type-A
- bully
- demands perfection
- blaming
- coercive
- critical
- angry

Freeze Type

- withdraws
- dissociates
- isolates
- hermit behavior
- hopeless
- exhausted
- perceived lazy
- isolates
- "pretend" mode
- collapses inward

Flee Type

- passive-aggressive
- obsessive-compulsive
- avoids
- over-thinking
- lacks healthy aggression
- rushing/worrying; outrunning pain
- driven-ness
- adrenaline junkie
- busyholic
- compelled by perfectionism

Fix Type

- desperate
- codependent
- grovels/begs
- loss of self
- people-pleaser
- doormat
- emotional merging
- "pretend" mode
- helplessness
- social perfectionist
- prone to being victim of domestic violence

PRIDE-BASED

SHAME-BASED

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