

Survival Strategies Developed to Manage Shame & Self-Denial

WITHDRAWAL / FREEZE

- Isolating oneself/shut down
- Hiding (Netflix & video games)
- Spacing out, dissociating, numb
- Shyness
- Extreme fatigue
- Self-denial

ACT OUT / FIGHT

(Anger Turned Out)

- Transfer of shame through blaming others
- Irritability
- Rage
- Psychological and physical abuse (or tendencies)
- Emotional manipulation
- Striving for power
- Controlling of others
- Very aggressive and assertive
- High impulsivity



ACT IN / FLIGHT & FIX

(Anger Turned In)

- Low self-esteem
- Self-doubt & self-judgement
- Anxiety/panic attacks
- Compulsive behaviors (gambling, sex, food, internet, exercise)
- Depression
- Obsessive thoughts of what others think of me
- Striving for perfection
- Somatic pain
- Self-harm
- Disordered eating
- Suppressing feelings

AVOIDANCE / FREEZE & FLIGHT

- Addictions/substance dependency
- Distraction through high intensity thrill seeking
- Fantasizing about what life could be like
- Multiple intimate partners
- Spiritual bypassing
- Extreme procrastination

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