

WHEN WE ARE IN DANGER AND WE REALISE THAT FIGHTING OR RUNNING AWAY IS NO USE, OUR BODY GOES INTO FREEZE OR COLLAPSE MODE. OUR BODY IS TRYING TO MAKE US 'DISAPPEAR' SO THAT THE DANGER GOES AWAY. OUR BODY ALSO CHANGES SO THAT PAIN HURTS LESS. SOMETIMES OUR BRAINS GET STUCK IN THIS MODE, AND WE GO INTO FREEZE OR COLLAPSE EVEN WHEN DANGER IS NOT THERE. WHEN YOU ARE IN THIS MODE, YOU MAY....

FEEL ALONE

You might feel there is a huge wall between you and the rest of the world so that nobody can hurt you



FEEL DISCONNECTED

Your feelings, thoughts & body become disconnected and you feel less pain.

SEE EVERYTHING

Your eyesight may become more focused or sharper so you can see all the 'danger' and stay safe



FEEL IN A FOG

Your brain & body distance themselves from the world, leaving you feeling foggy

HAVE A DRY MOUTH

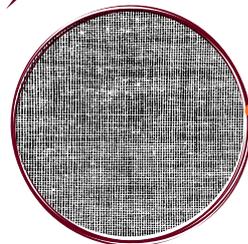
Your mouth gets dry as it is part of your digestive system which shuts down to send energy to your muscles.

CHANGE YOUR BREATHING

Your breathing may be rapid and shallow, or you may hold your breath. Your lungs are trying to hide you from danger by making your breathing disappear.

FEEL DREAD

You may experience a sense of dread or doom, like something really bad is about to happen



FEEL EMPTY

You may feel empty, this is to protect you from feeling the 'danger' that is happening to you

GO PALE

Your blood pressure drops as your heart rate slows. Your body gets ready to 'play dead'



FEEL COLD

A drop in your blood pressure makes your whole body feel cold.



FEEL TRAPPED/STUCK

Your muscles freeze to keep you still, if it looks like you're dead, your predator will get bored and leave you alone



FEEL NUMB

Your brain releases chemicals which numb your body. This protects you from physical pain.



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Therapeutic Services and Trauma Team

**SURVIVAL:
FREEZE/COLLAPSE
MODE**

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