

We all have automatic defenses: fight, flight, freeze, attach, and submit. These defenses are normal, natural, and spontaneous; we do not get to consciously choose when a defense is activated or which one(s) are activated in response to a given situation. Knowing more about our protective parts (how they have helped us in the past and how they might continue to be activated in the present) can allow us to identify when we are triggered and help our nervous system find its way back to feeling safer, calmer, and be more in the present moment. The more we do this, the more we teach our nervous system that we are safe now and we have choice now.

## FIGHT: VIGILANCE

Fight gives us strength and power to protect ourselves. It is an active defense and can involve protection through physical and verbal actions. Our nervous system sends out adrenaline and cortisol so that we have energy and strength to respond to threat. (**Fight:** A fight part is often hypervigilant and on guard. They may also be angry, judgmental, and blaming towards others. Fight parts hold self-harm behaviors and suicidality and has access to aggression.)

Do you recognize any of the following?

- Anger
- Judgmental
- Mistrustful
- Self-destructive
- Suicidal
- Needs to control
- Strong internal critic
- Anorexia (restrictive eating)

## IMPLICIT MEMORIES:

There are 5 Building Blocks of Experience (*Emotions, thoughts/beliefs, somatic experiences, urges, 5 sense perception*). When your “fight” survival resource has been activated, what changes in your experience?

Emotions:	Thoughts/beliefs:	Body posture and sensations:
Urges to move:	5 sense perception:	How old do you feel:

Describe your negative thoughts, emotions, and body movements/ sensations when you think about “Fight” as a short coming.

When have you used this resource? How has “Fight” helped you when you needed it?

Describe your thoughts, emotions, and body movements/ sensations when you think about “Fight” as something that helped you deal with difficult times.

Resourcing tools:

- Somatic tools: Grounding, breathing, alignment, pushing against the wall, mindful/slow action
- Cognitive tools: fact checking, defusion, “Name it to Tame it,” self-compassion/self-soothing thoughts.
- Imaginative tools: safe/calm place, imagining your supports, imagining protection