

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 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.

## FLIGHT: ESCAPE

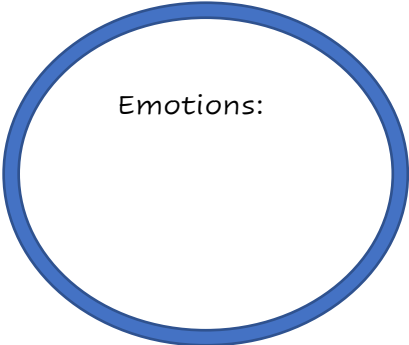
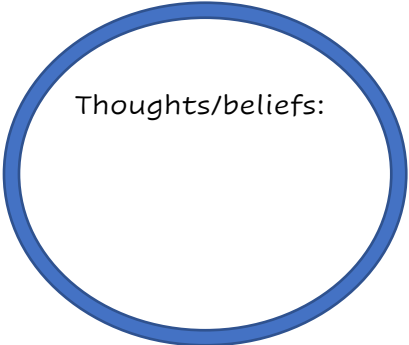
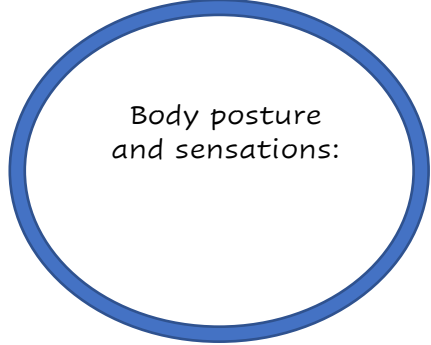
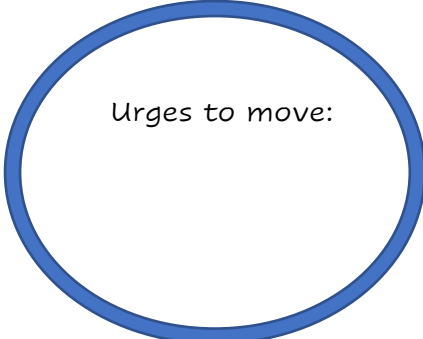
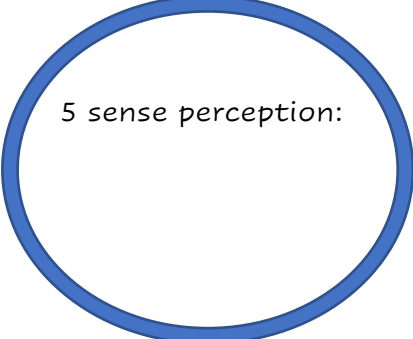

Flight distances us from painful thoughts, memories, or body sensations. This may take the form of staying overly busy, abusing alcohol or drugs, disordered eating such as bingeing or purging, and difficulty committing. Moving frequently or difficulty getting close in relationships may be an indicator of flight. Flight's agenda is distance from feelings and relationships.

Do you recognize any of the following patterns in yourself?

- Distancer
- Always ambivalent
- Cannot commit
- Addiction—drugs, alcohol, gambling, internet addiction
- Eating disorder behavior (binging and/or purging)
- Moving frequently
- Staying overly busy/working too much
- Other:

## IMPLICIT MEMORIES:

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

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

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

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

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

WoT: Hyperarousal

Resourcing tools:

- Grounding, centering, aligning
- Ask yourself: what am I afraid of would happen to me if I stayed, was sober today, said “yes” to an invitation. How realistic is that fear? What can you give yourself to address it?
- Harm reduction: rather than drinking, try distraction, etc.