

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.

FREEZE: FEAR

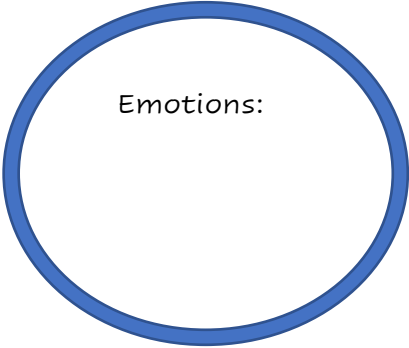
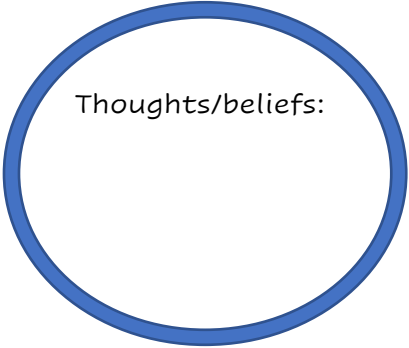
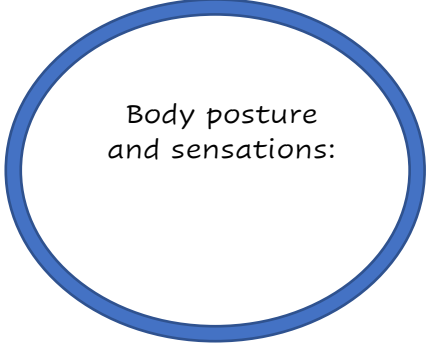
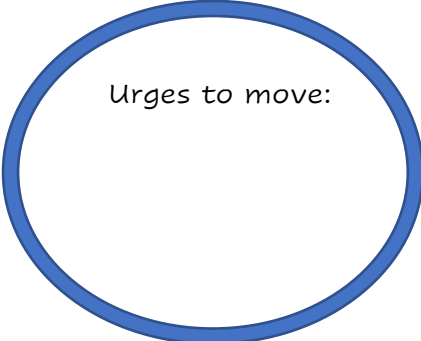
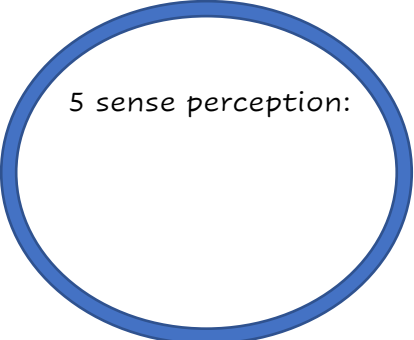

Fear of being seen, panic attacks, feeling frozen and stiff, terror, and agoraphobia are signs of an active freeze defense. Freeze protects us by trying to make us small and invisible so that we can avoid the worst.

Do you recognize any of the following patterns in you?

- Frozen
- Anxious
- Terrified
- Insecure
- Phobic of being seen/agoraphobia
- Panic attacks
- Stiff

IMPLICIT MEMORIES:

There are 5 Building Blocks of Experience (*Emotions, thoughts/beliefs, somatic experiences, urges, 5 sense perception*). When your “freeze” 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 negative thoughts, emotions, and body movements/ sensations when you think about “Freeze” as a short coming.
- When have you used this resource? How has freeze helped you when you needed it?
- Describe your thoughts, emotions, and boy movements/ sensations when you think about “Freeze” as something that helped you deal with difficult times.