

Symptoms of Un-Discharged Traumatic Stress

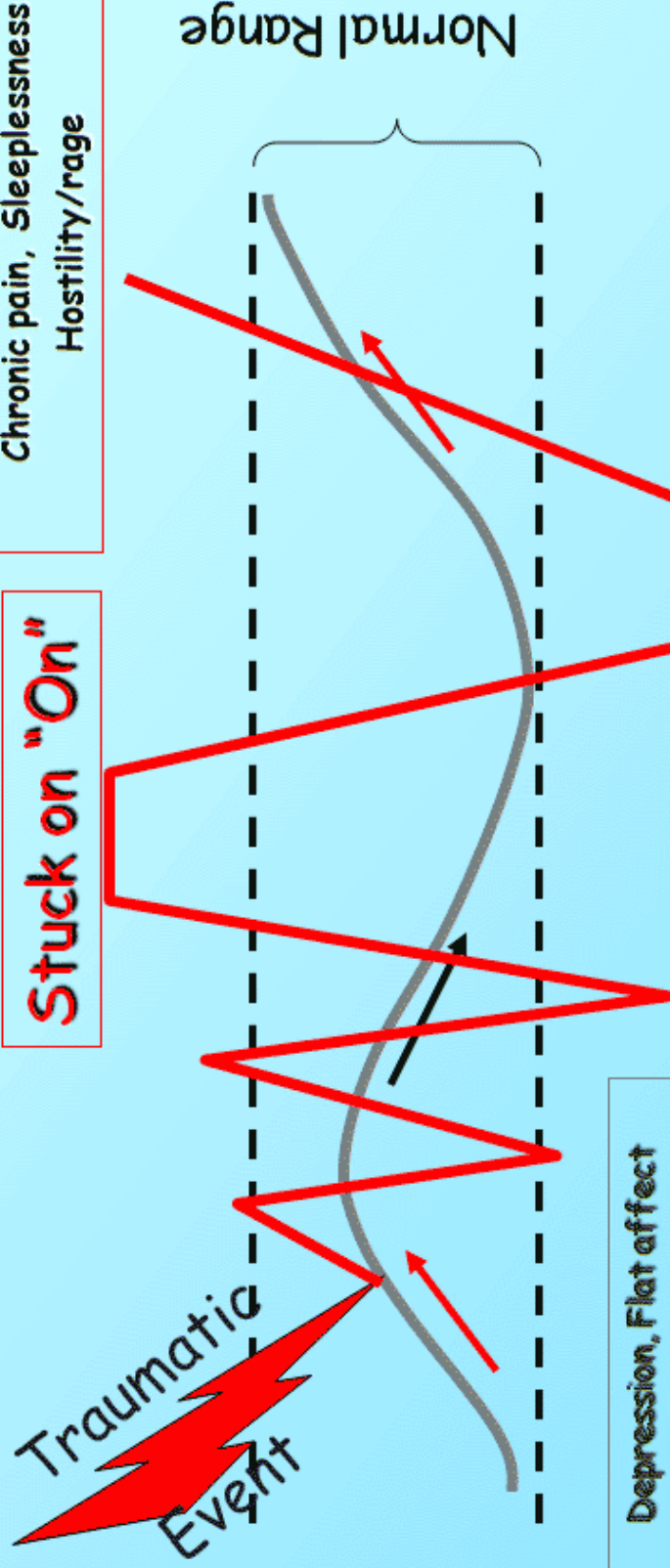
Anxiety, Panic, Hyperactivity
Exaggerated Startle

Inability to relax, Restlessness
Hyper-vigilance, Digestive problems

Emotional flooding

Chronic pain, Sleeplessness
Hostility/rage

Stuck on "On"



Depression, Flat affect
Lethargy, Deadness
Exhaustion, Chronic Fatigue
Disorientation
Disconnection, Dissociation
Complex syndromes, Pain
Low Blood Pressure
Poor digestion

Stuck on "Off"









The 4F Handouts

The 4F Trauma Personality Types

Based on Pete Walker's model in the book "Complex PTSD: From Surviving to Thriving"

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This model elaborates the four basic survival strategies and defensive styles that develop out of our instinctive Fight, Flight, Freeze and Fawn Response. Variations in your childhood abuse/neglect pattern, birth order and genetics result in you gravitating towards a specific 4F survival strategy. You do this as a child to prevent, escape or ameliorate further traumatization.

4F Types (Typical Label)								
Unconscious Belief	 FIGHT ("Bully")	 FLIGHT ("Workaholic")	 FREEZE ("Couch Potato")	 FAWN ("People Pleaser")	"Power and Control can create safety, assuage abandonment and secure love"	"Perfection and achievement will make me safe and love-able"	"People are synonymous to danger"	"The price of admission to any relationship is the forfeiture of all my needs, rights, preferences and boundaries"
Ingrained Defense Survival Pattern	Pursue Power and Control	Escape into thought (obsession) and action (compulsion)	Avoid Human Contact	Please people	Spoiled child, given insufficient limits, allowed to irritate a narcissist parent	Hyperactive response to family trauma ranging between the driven "A" student and the ADHD dropout/running amok	The scapegoat, the most profoundly abandoned child. Not allowed to employ fight, flight or fawn responses	Child of narcissistic parent learns early that bits of safety & love can be earned by as a compliant servant of parents
Childhood contributing environment								
Approach to Connection	Connect - By controlling others	Withdraw - By staying focused on personal performance	Withdraw - By avoiding people	Connect - By merging with People				
Approach to Feeling Safe (Threat Response)	Action - Attack (Confronts)	Action - Achieve (Performs)	Inaction - Avoid (Withdraws)	Inaction - Acquiesce (Goes Along)				
Catchphrase	 "No relationships, just prisoners"	 "Human-dongs"	 "Hide from the world"	 "Keep others happy"				
Relation to others	Controlling	Micromanaging	Detached	Exploited				
Common characteristics and activities	Incessant monologuing, Criticizing, Raging	Worrying, Performance Anxiety, Adrenaline-junkie, Over-achiever	Hibernating, Sleeping, Daydreaming, TV, Online-browsing & video games	Entertainer, Yes man, Nice guy, High concern with fitting-in, Flattering others				
Continuum of +ve and -ve	Assertive Bullying	Efficient Type A	Peaceful Catatonia	Helpfulness Servitude				
Decision Making	Impulsive	Over-analytical	Struggles	Delets to others				
Avoids	Isolation	Inaction	People	Conflict				
Relation with Perfection	Demands Perfection	Compelled by Perfectionism	Achievement-Phobic	Social Perfectionism				
Mis-labeled as	Narcissist Sociopath, Conduct Disorder	OCD, Mood Disorder (Bipolar), ADHD	Depressed, DID, Schizophrenic, ADD	Codpendent, D.V. Victim Parentified Child				

This is a behavioral "Personality Type" model applicable only to survivors of childhood trauma and this should not be confused with the Fight Flight and Freeze threat "Response". Each of these trauma personality types is on a continuum that runs from mild to extreme. There are a few pure types with one predominant strategy and most other survivors are hybrids of the 4Fs.

Unconscious Belief: "People are synonymous to danger"

Survival Pattern: Avoid Human Contact



Stuck in "off"

Isolates

Avoids People

Perflects



Stuck in "on"

Unconscious Belief: "Perfection and achievement will make me safe and love-able"

Survival Pattern: Escape into thought (obsession) and action (compulsion)

Childhood conditions: Hyperactive response to family trauma ranging between the driven "A" student and the ADHD dropout running amok

Common characteristics: Worrying, Performance Anxiety, Adrenalin-junkie, Over-achiever

Inner Critic Voice: "I must do perfectly"

Continuum of positive and negative:
Efficient Type A

Mis-labeled as: OCD, Mood Disorder (Bipolar), ADHD

Thinks Obsessively

Acts to feel Safe

Rages at others

Unconscious Belief: "Power and Control can create safety, assuage abandonment and secure love"

Survival Pattern: Pursue Power and Control

Childhood conditions: Spoiled child, given insufficient limits, allowed to imitate a narcissist parent

Common characteristics: Incessant monologuing, Criticizing, Raging

Outer Critic Voice: "Control and correct the imperfect others"

Continuum of positive and negative:
Assertive Bullying

Mis-labeled as: Narcissist, Sociopath, Conduct Disorder



"Hide from the world" "Human-doings"

FREEZE
("Couch Potato")

FLIGHT
("Workaholic")

The 4F
Trauma
Personality
Types

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FAWN
("People Pleaser")

FIGHT
("Bully")

Unconscious Belief: "The price of admission to any relationship is the forfeiture of all my needs, rights, preferences and boundaries"

Survival Pattern: Please people

Childhood conditions: Child of narcissistic parent, learns early that bits of safety & love can be earned by as a compliant servant of parents

Common characteristics: Entertainer, Yes man, Nice guy, High concern with Fitting-in, Flattering others

Inner Critic Voice: "I'm imperfect, I must please"

Continuum of positive and negative:
Helpfulness Servitude

Mis-labeled as: Codependent, D.V. Victim, Parentified Child

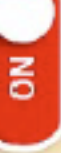


Yes Man

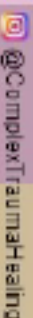
Connects with People

Merges

Controls



Rejects opinions



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