

TRAUMA RESPONSES

The Nervous System: A God-Given Protector

In Christian psychology, the nervous system is viewed as a brilliant, God-designed alarm system meant to keep you safe. When you experience trauma or overwhelming stress, your brain bypasses logical thinking and automatically shifts into a survival state (Fight, Flight, Freeze, or Fawn). **Experiencing these responses is not a moral failing or a lack of faith; it is your biology working to protect you.** By identifying which survival state you default to, you can begin to show your body compassion, regulate your nervous system, and invite God's peace into your healing journey.

FLIGHT

- Over-working / workaholic tendencies
- Chronic over-thinking
- Anxiety, panic, or OCD cycles
- Inability to sit still or rest
- Severe perfectionism

FIGHT

- Sudden anger or outbursts
- Need to control environments
- Bullying or aggressive behavior
- Narcissistic defense mechanisms
- Explosive or defensive reactions

FREEZE

- Severe decision paralysis
- Feeling entirely "stuck"
- Dissociation or zoning out
- Isolating from community
- Feeling emotionally numb

FAWN

- Extreme people-pleasing
- Loss of personal identity
- Inability to set boundaries
- Feeling constantly overwhelmed
- Codependent relationships

You do not have to stay stuck in survival mode.

"The Lord is near to the brokenhearted and saves the crushed in spirit." — Psalm 34:18