

## Have a tendency to fight?

THIS OFTEN SHOWS UP AS:

- Having a quick flash of anger or frustration that is disproportionate to the situation.
- Getting defensive and trying to prove your case (Even if you know you're wrong, you hold your ground anyway and find it hard to admit fault).
- Raising your voice and/or displaying aggressive (or rage-like) tendencies.
- Possibly getting scary to the people you love.

WHAT IT LOOKS LIKE.

- having a mindfulness practice or a cognitive based practice (e.g. positive thinking) and still being anxious, even having panic attacks
- setting up the day to win with strategies and good healthy routines and still being filled with fear and uncertainty
- feeling a lot in the body - butterflies, agitation, tightness in the solar plexus, chest, throat, jaw, or not feeling much at all in the body
- loud, more negatively focused (or obsessive) thoughts

WHAT IT LOOKS LIKE.

- staying in unsatisfying or toxic relationships
- not knowing why they can't change unhealthy relationship patterns
- finding it hard to set clear (or any) boundaries or to make choices swiftly
- may also be disconnected from the "gut" instinct and what feels instinctively safe or unsafe
- being toxic to oneself as well as having the inability to push ahead in the realms of career and self-expression
- tough to be a reliable witness for oneself

## Have a tendency to flight?

THIS MIGHT SHOW UP AS:

- Ignoring a situation or pretending it didn't happen.
- Feeling like you really want to get away, like if you just get a fresh start then things will change, which may show up as thinking about moving (or actually moving) away from situations, cities, jobs, relationships, etc.
- Leaving the room or conversation and doing your best to avoid any and all confrontation.
- Getting busy and preoccupied with something that's completely the opposite of the situation at hand - you start cleaning, or knitting, etc in the hope that it will just go away on its own.

WHAT IT LOOKS LIKE.

- chronic illness (conditions such as fibromyalgia, burnout, crohn's disease, IBS, autoimmune problems, depression, anxiety, migraine headache, insomnia and other sleep abnormalities)
- chronic fatigue (chronic fatigue syndrome, CFS) and/or chronic pain
- anything where the system is lacking energy, poor immune system health, and the body struggles to recover, regenerate and repair
- seeing many health providers without getting real answers or lasting results
- hearing that what they are experiencing is "all in their head"

## Have a tendency to freeze?

THIS MIGHT LOOK LIKE:

- Going completely blank and finding it hard to express ANYTHING.
- Having little or no desire or ability to go out or make any kind of social engagement.
- Hoping that if you get really quiet and still and don't make a peep the issue will just go away on its own (No one will know, right?).
- Completely forget a stressful (or traumatic) situation even happened... when someone asks you about it you might say "what are you talking about?" (And you really do have NO recollection of the incident).
- Having time pass without much awareness, be it for minutes, hours, days or years.

WHAT IT LOOKS LIKE.

- being stuck all the time and not being able to move forward in life
- severe procrastination and knowing we need to do something, but just not getting it done
- using common behavior change strategies such as goals, routines and external accountability and having these not work or take a LOT of effort
- feeling passive, invisible, or like they can't find their drive

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WHAT IT LOOKS LIKE.

- eating well (a lot of unprocessed and whole foods) and/or exercising regularly
- maybe seeing traditional and "alternative" medical practitioners and following their advice relentlessly
- still having digestive troubles
- still having all sorts of chronic health troubles
- not being able to lose body fat

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