

# Your Anger on PTSD

## FIGHT

- Aggressive, angry
- Explosive
- Domineering

## FLIGHT

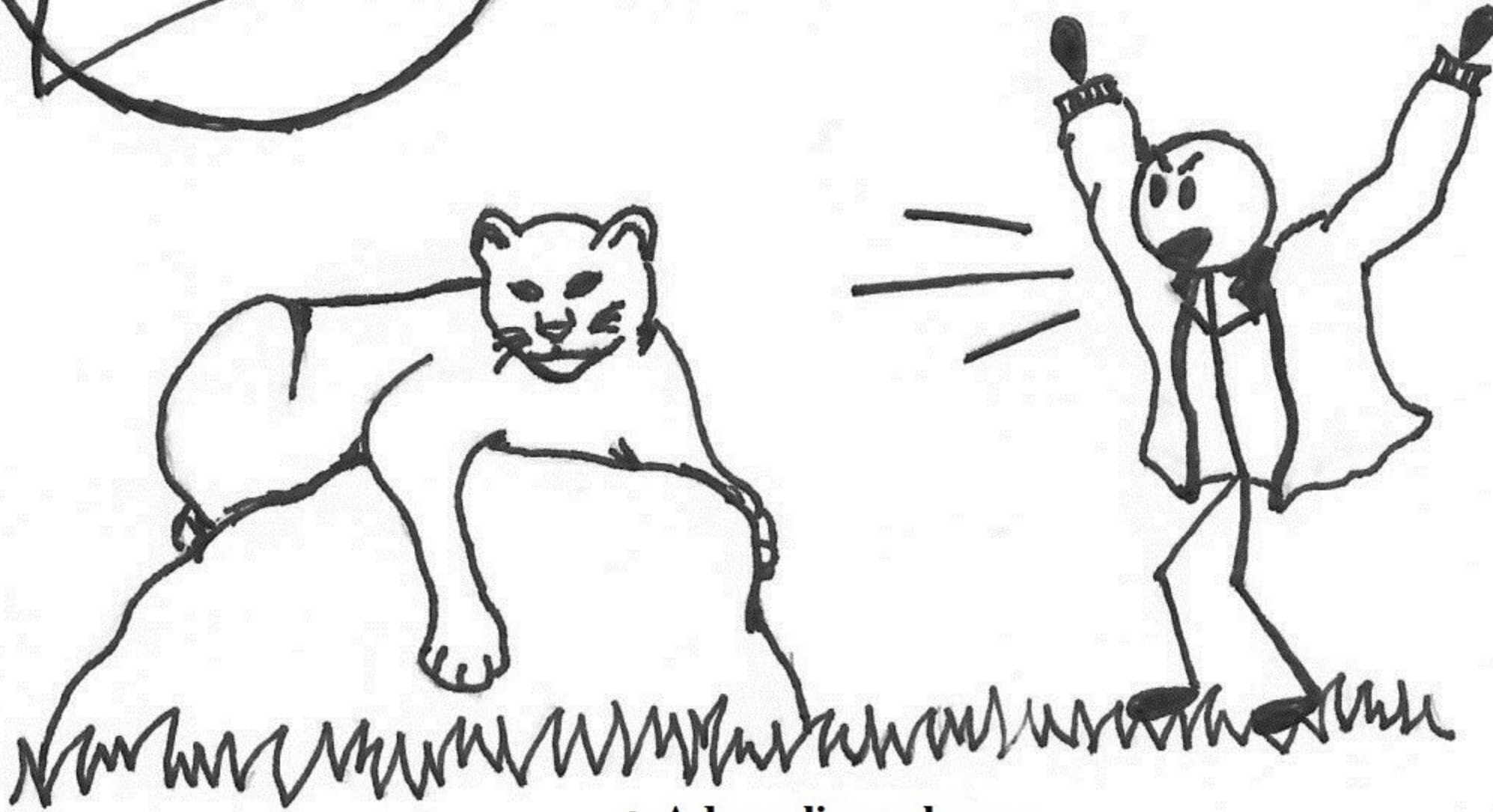
- Flee, escape
- Avoidant

## FAWN

- People pleasing

## FREEZE

- Isolating, hiding
- Dissociation
- Indecisive



Many things can cause a trauma-based anger response. Being overwhelmed by sensory stimuli (e.g. sight, sound, touch) is a common contributor to anger in PTSD. Any personal trauma trigger can also cause tension & anger, & it's important to note that not all trauma triggers are loud noises or crowded rooms. A trigger can be a facial expression, a box on the side of the road, or being in a situation that makes you feel helpless.

- Adrenaline releases
- Pupils dilate
- Dry mouth & throat
- Heart pounds
- Breathing is shallow & fast
- Muscles tense
- Sweating
- Digestion slows or stops
- Cortisol depresses the immune system
- Senses heighten
- Limbic system highly activates
- Prefrontal cortex less active than limbic system
- Less able to produce effective speech
- Auto-pilot
- Trembling
- Cold, clammy hands
- Blood levels of cholesterol, glucose, & fatty acids increase for available fuel
- Increased oxygen to the blood

## Fight Mode



THE ANGER YOU SEE ON THE SURFACE IS THE TIP OF THE ICEBERG

## Anger

- |             |              |              |
|-------------|--------------|--------------|
| Ashamed     | Hurt         | Sad          |
| Startled    | Betrayed     | Disappointed |
| Rejected    | Violated     | Confused     |
| Abandoned   | Disrespected | Lonely       |
| Insecure    | Anxious      | Fearful      |
| Overwhelmed | Tired        | Powerless    |
| Pressured   | Grief        | Frustration  |
| Distrustful | Trapped      | Humiliated   |
| Regret      |              |              |