



**Sexualized trauma**

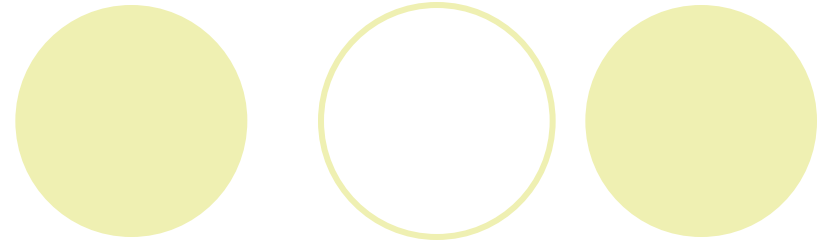
**Zoe Lodrick**  
**Psychotherapist**

The text is centered and surrounded by six light green circles. Three circles are arranged in a horizontal row above the text, and three are arranged in a horizontal row below it. The top-left and bottom-right circles are hollow, while the other four are solid.

**Human defensive  
responses to threat....**

# The Five Fs:

Defensive fear responses



● Friend

● Fight

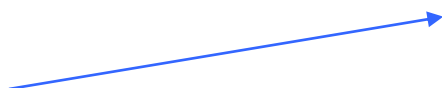
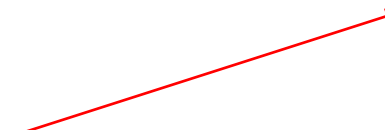
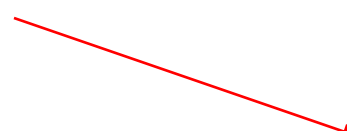
● Flight

● Freeze

● Flop

active defences

passive defences



Friend.....

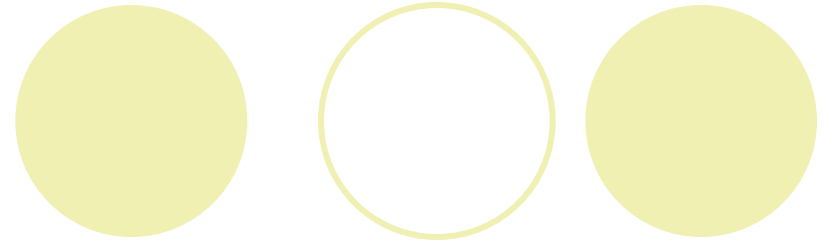
- Friend is the only *active defence* human infants are born with.
- The FRIEND defence is sub-divided into two further defensive responses:

Help me!

Social engagement  
system

# The Five Fs:

Defensive fear responses



● Friend

● Fight

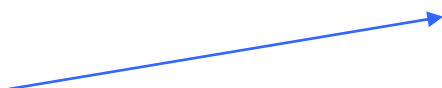
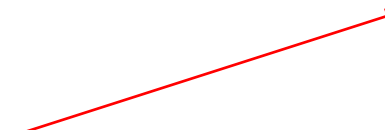
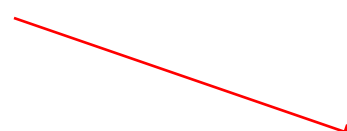
● Flight

● Freeze

● Flop

active defences

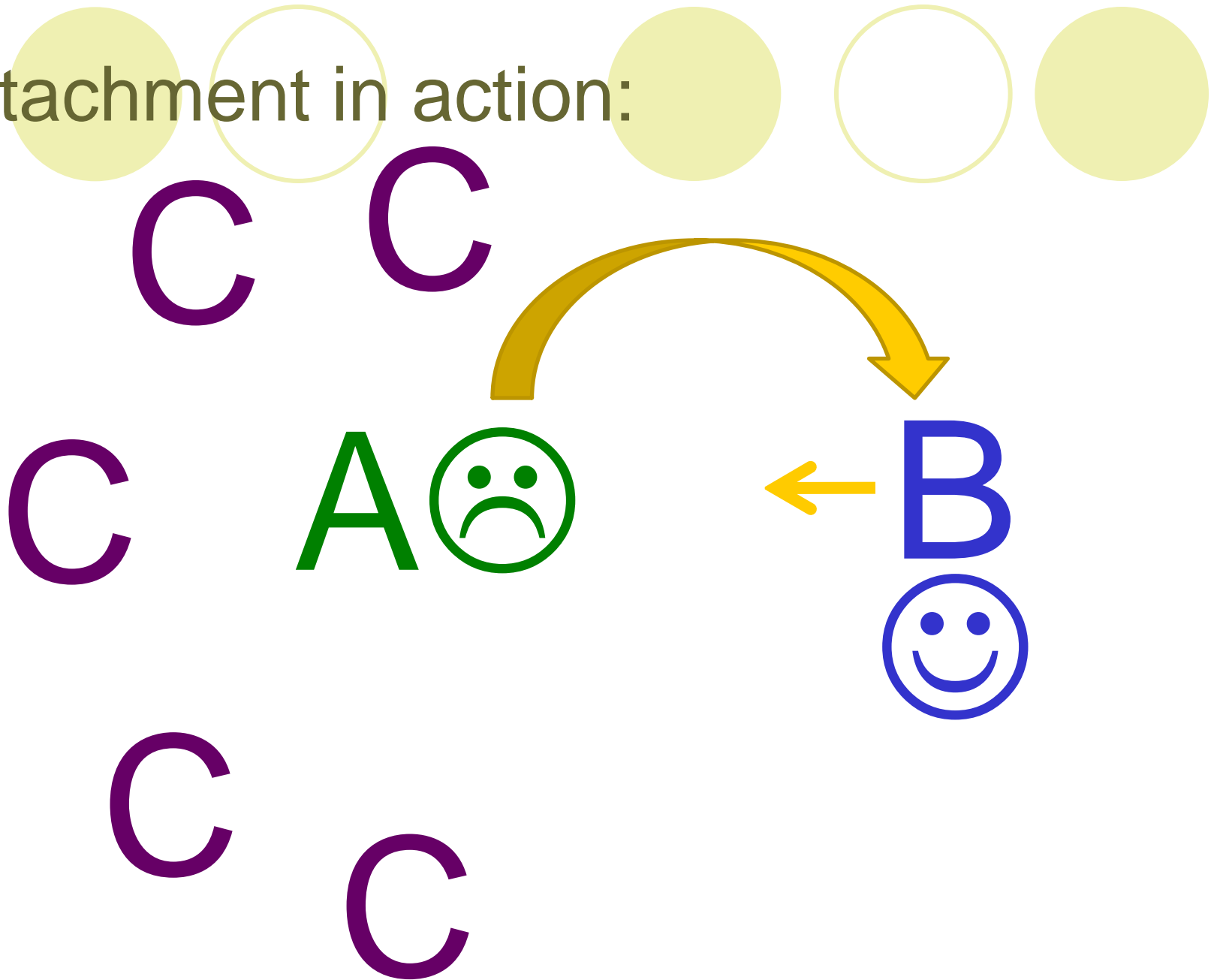
passive defences



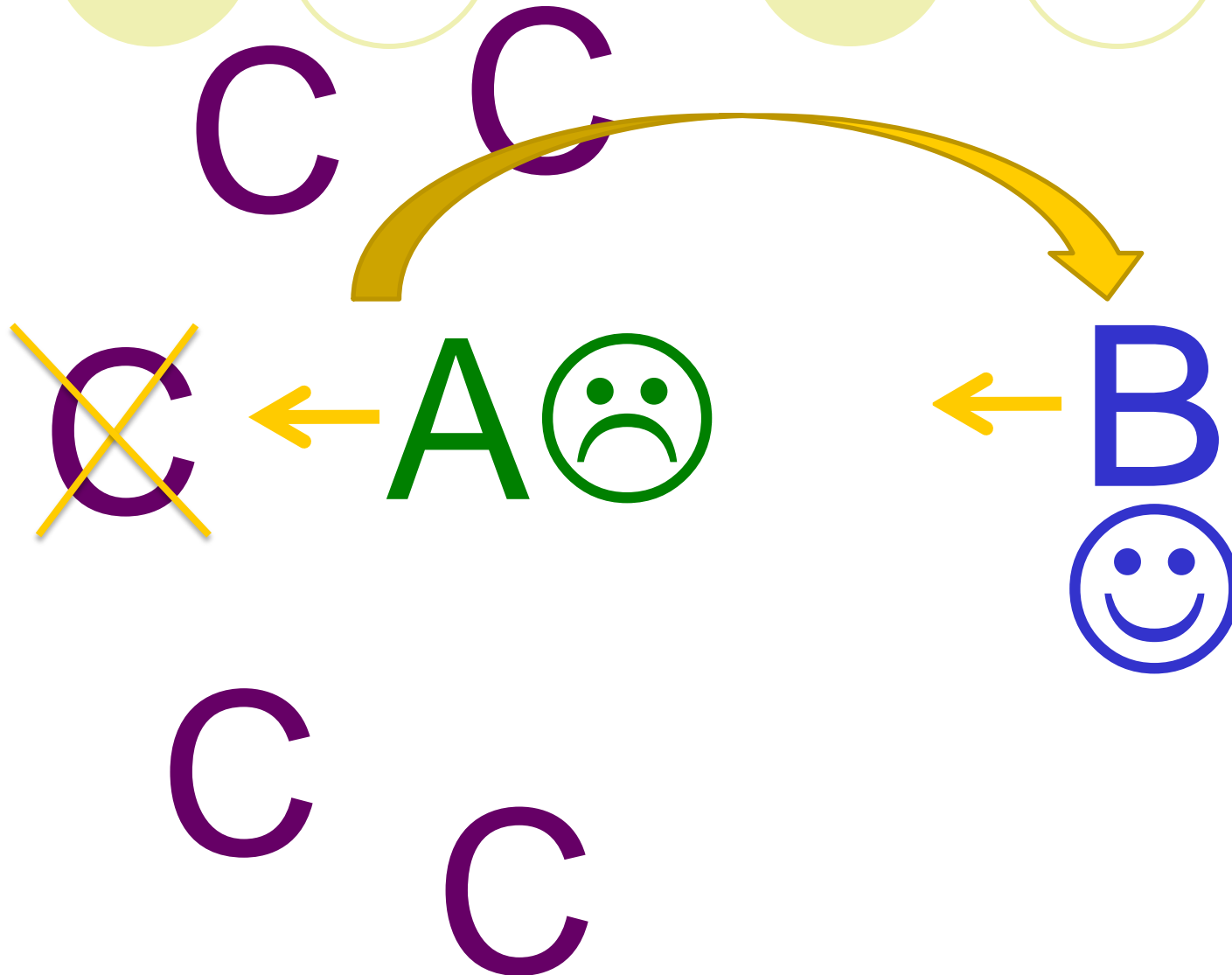
# The reasons for the underutilization of 'flight' in humans

1. We cannot outrun our predators.
2. We do not run away from danger toward safety; rather if we flee from danger we move toward the person(s) and place(s) that we are attached to.
3. It is a sad fact that in UK people tend to be threatened by the person(s), and in the place(s), they are attached to.

Attachment in action:



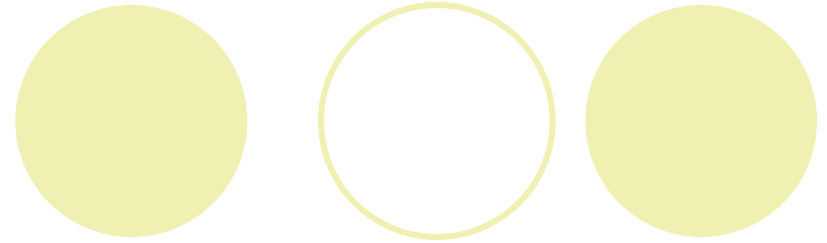
Attachment in action expanded:





# The Five Fs:

Defensive fear responses



● Friend

● Fight

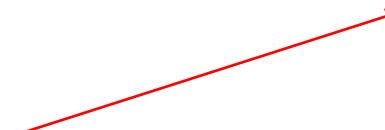
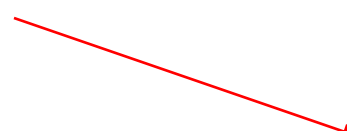
● Flight

● Freeze

● Flop

active defences

passive defences





# Important:

- The decision as to how to defend against a threat is not a cortical one.
- The amygdala acts in the way it deems most likely to ensure SURVIVAL.
- If a defence is successfully used it is likely to be utilized again.
- If a defence is unsuccessful it is unlikely to be used again.

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