

Threat response in humans

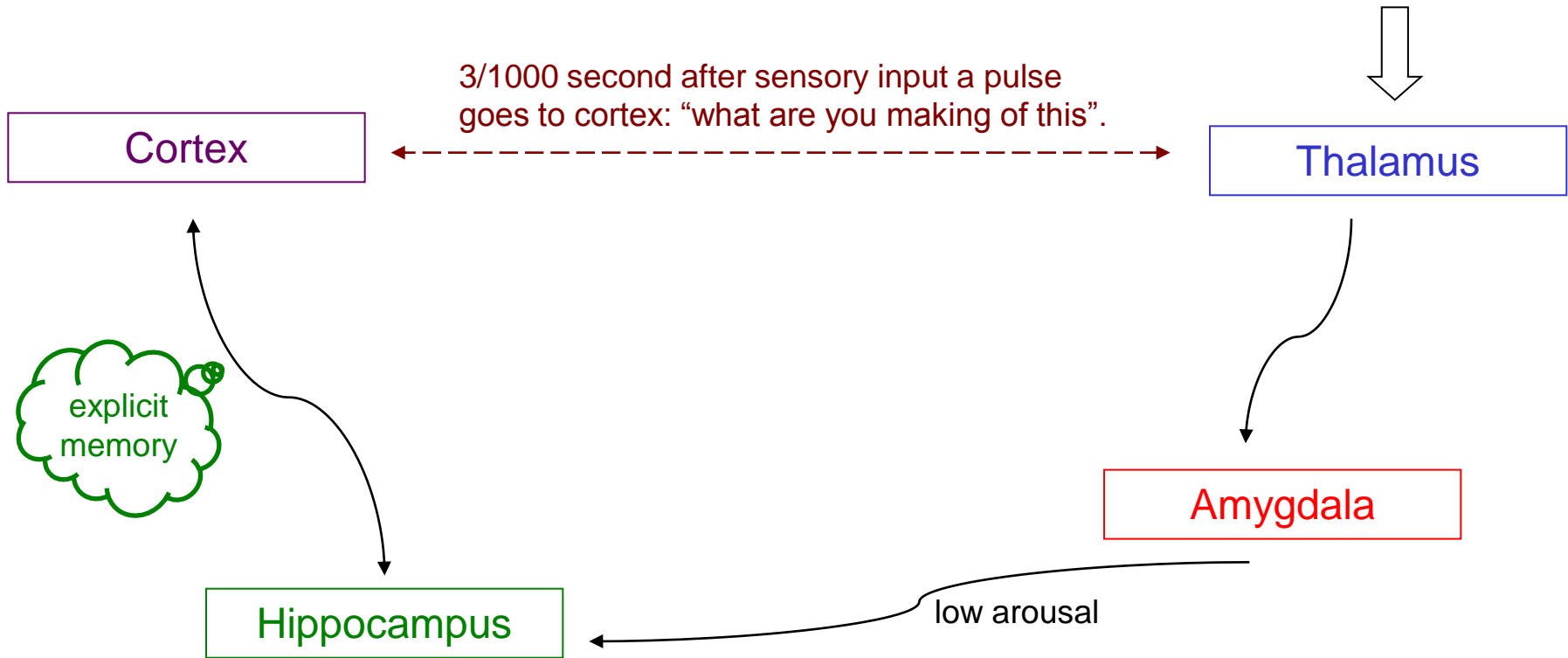
The slide features several decorative circles in a light olive green color. One circle is empty and positioned behind the first part of the title. Two other circles are solid and positioned behind the second and third parts of the title. In the lower section, there are two solid circles on the left and one empty circle on the right, which is positioned behind the author's name.

Zoe Lodrick
Psychotherapist

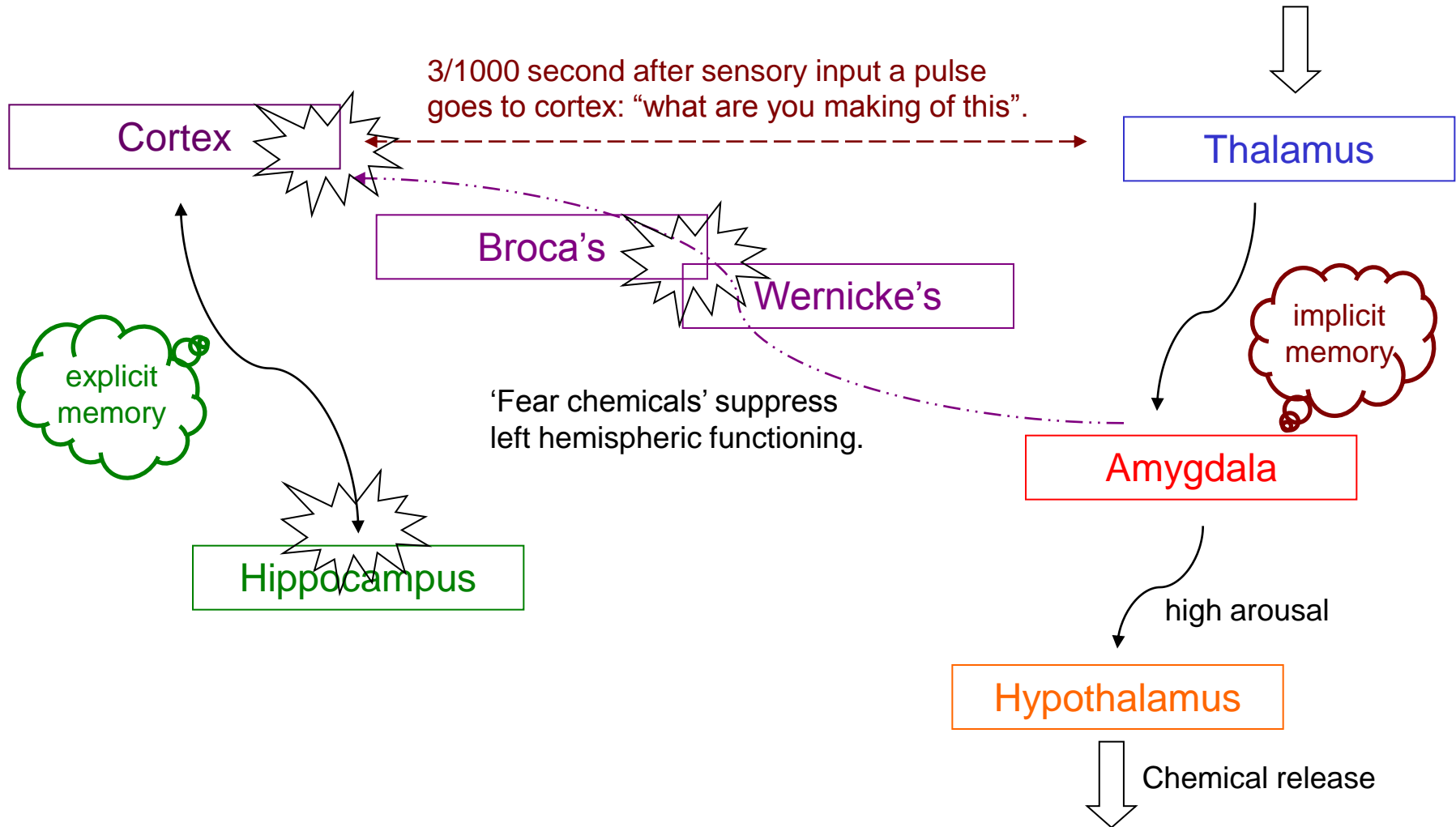
The text is centered and surrounded by six light green circles. Two circles are positioned above the text, and four are positioned below it. The top-left circle is an outline, while the other five are solid. The text is split across two lines: "Human response to" on the top line and "threat....." on the bottom line.

**Human response to
threat.....**

Basic brain function:



And when threatened.....

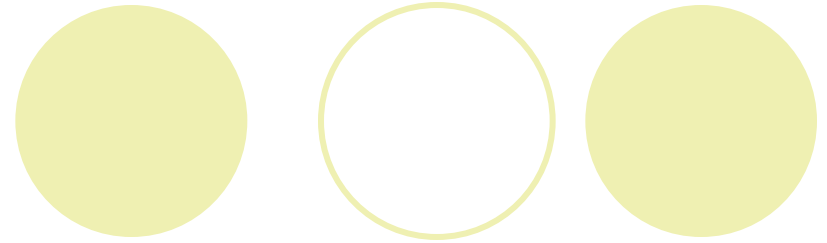


The text is centered and surrounded by six light green circles. Three circles are positioned above the text: one above 'Human', one above 'defensive', and one above 'responses'. Three circles are positioned below the text: one below 'responses', one below 'to', and one below 'threat....'.

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

The Five Fs:

Defensive fear responses



● Fight

● Flight

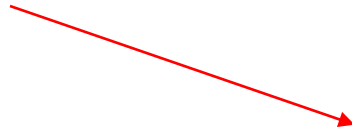
● Friend

● Freeze

● Flop

active defences

passive defences



Friend.....

A decorative graphic at the top of the slide. It features the word "Friend....." on the left. To its right is a solid light green circle followed by an outlined light green circle. Further right, there is a solid light green circle, an outlined light green circle, and another solid light green circle. A horizontal dotted line extends from the end of the word "Friend....." towards the first outlined circle.

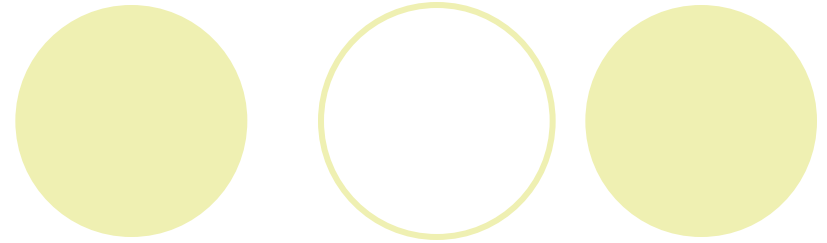
- Friend is the only *active defence* human infants are born with.
- The FRIEND defence is sub-divided into two further defensive responses:

Help me!

Social engagement
system

The Five Fs:

Defensive fear responses



● Friend

● Fight

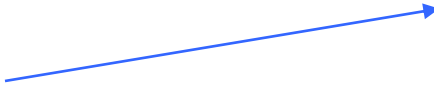
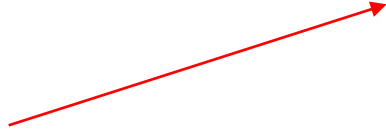
● Flight

● Freeze

● Flop

active defences

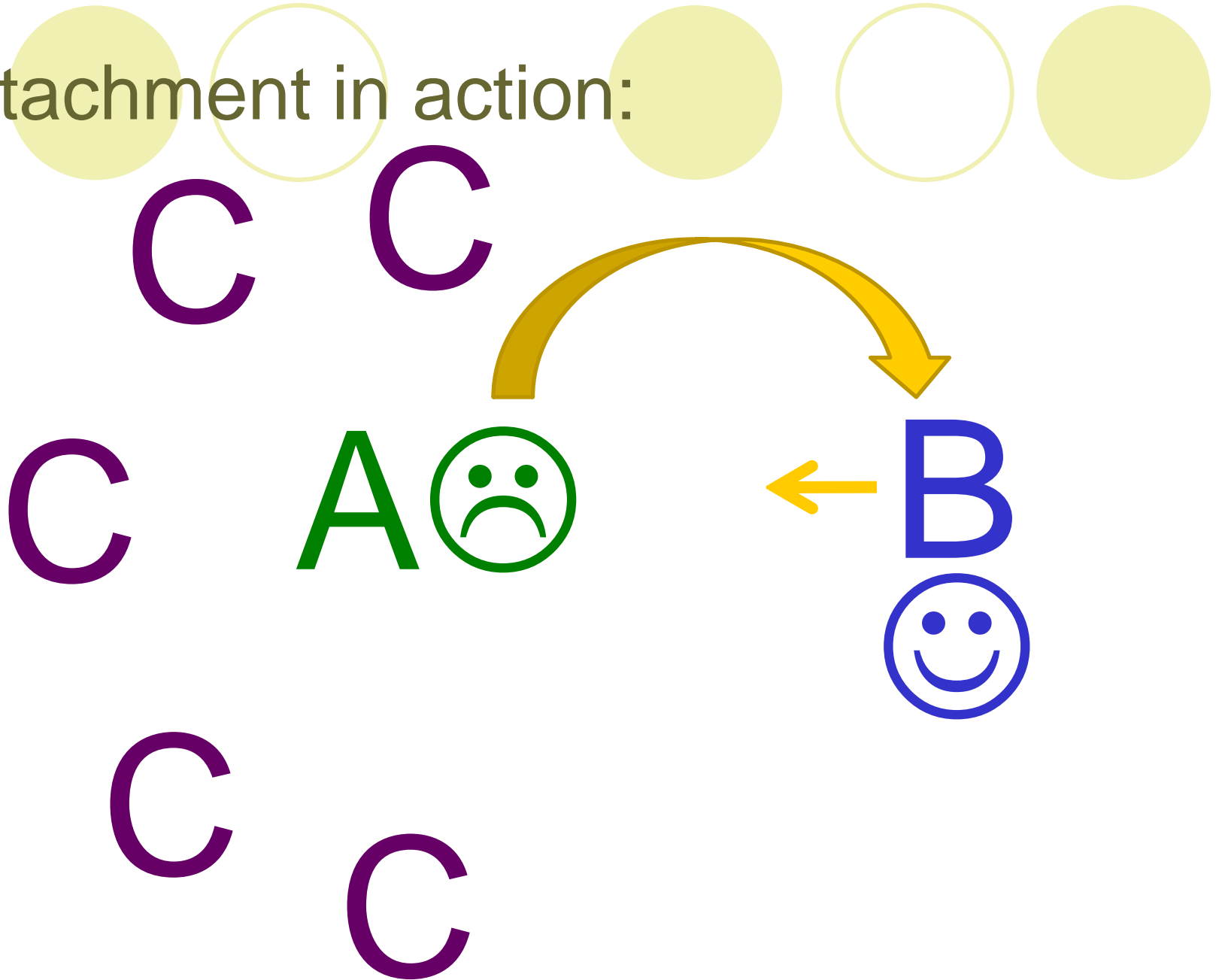
passive defences



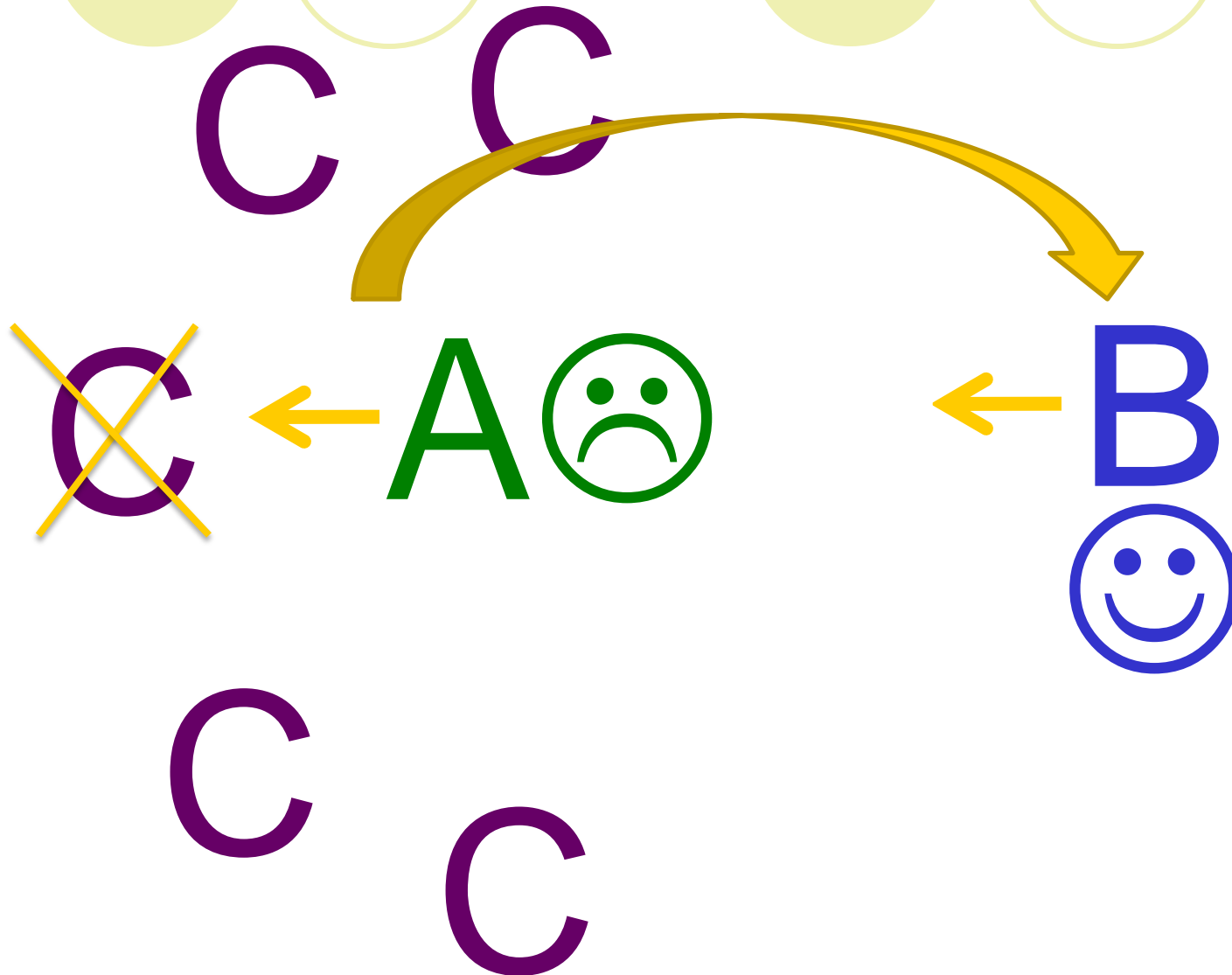
The reasons for the underutilization of 'flight' in humans

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:

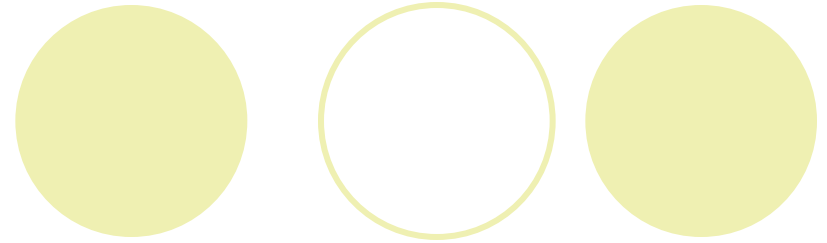


Attachment in action expanded:



The Five Fs:

Defensive fear responses



● Fight

● Flight

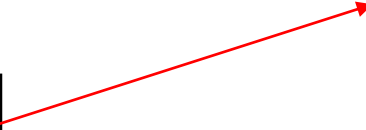
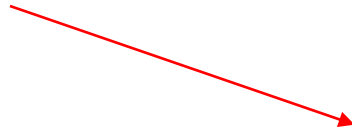
● Friend

● 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.

Contact details:



: zoe.lodrick@googlemail.com



: 077 3646 3050



www.zoelodrick.co.uk