

How Brain-Based Behaviors Tend to Unfold **Over Time**

Freezing

(scientific def.)

Detection Freezing

- Everything stops
- 1-3 seconds



Shocked Freezing

- Can follow detection
- Blank mind, no behavior options to choose from
- Can last several seconds



No-Good-Choices Freezing

- Can follow detection or shocked
- Only “bad” choices of extremely passive vs. reactive behaviors
- Seconds to minutes

Rational, Deliberate Behaviors

- Less likely with more stress and trauma, due to impaired prefrontal cortex
- If do happen, not necessarily effective – and then it’s back to reflex and habit behaviors

Habit Behaviors

- Usually passive and ineffective (no self-defense training)
- Face-saving and submission habits we’ve all learned
- From gender socialization (e.g., “nice girl” habits)
- From childhood abuse experiences

Extreme Survival Reflexes

Escape (seems) impossible, intense fear and/or horror

Dissociation: Can kick in early, spaced out and/or autopilot habit behaviors

Tonic Immobility: Paralyzed, muscles rigid

Collapsed Immobility: Muscles limp, dizzy/pass out