

## HYPERAROUSAL (FIGHT-OR-FLIGHT)

Overwhelm  
Anxiety  
Panic  
Always on the go  
Restlessness  
Vigilance  
Easily startled  
Working hard  
Feeling pressure  
Chronic pain  
Anger  
Worry  
Tension  
Digestive issues  
Sleep issues  
Unsettled  
Cannot rest  
Must move to discharge energy  
Compulsive  
Impatient  
Type A  
Overthinking

## HYPOAROUSAL (FREEZE)

Depression  
Numbness  
Withdrawal  
Lack of affect (emotional response)  
Sadness  
Despair  
Hopelessness, helplessness  
Isolation  
Disconnection  
Chronic digestive issues  
Migraines and syndromes  
Chronic fatigue, fibromyalgia  
Low blood pressure  
Dissociation  
Feeling alone  
Feeling lost  
Unmotivated  
Procrastinating  
Feeling stuck  
Feeling shame, guilt, remorse  
Gaining weight easily  
Shut down and drained