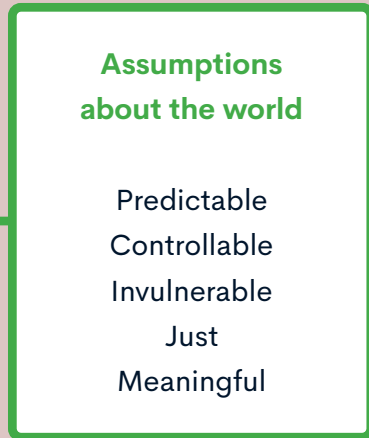
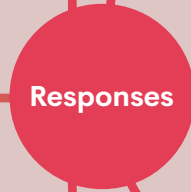


Coping Model



Survival responses

- Fight
- Flight
- Freeze
- Focus



⊙ **Intrusive memories**

- Images, sounds, smells
- Flashbacks
- Feeling as if it is still happening
- Dreams, nightmares

⊙ **Hyper-vigilance**

- On edge, alert, vigilant
- Suspicious, feeling unsafe
- Restless sleep, concentration difficulties, irritable, hypersensitive

⊙ **Avoidance**

- Places, situations, objects
- People, activities
- Talking about it
- Images, thoughts, feelings

⊙ **Changes in thoughts and feelings**

- Partial memory loss
- Anxiety, anger, guilt, shame
- Negative thoughts
- Reduced interest in activities
- Social withdrawal
- Feeling sad, listless, tired, numb

