



@soulspiritcre8ive

UNDERSTANDING YOUR INNER RESPONSES

Fight, Flight, Freeze, and Please

*A soulful guide to knowing yourself more deeply,
healing your patterns, and reclaiming your power.*

WHAT ARE FIGHT, FLIGHT, FREEZE, AND PLEASE?

These are **natural survival responses** designed to protect you. They are not flaws, they are maps to your deepest wisdom. When you understand your patterns, you can shift from simply surviving to thriving in your true power.

HOW THESE PATTERNS BEGIN

Your nervous system learns from your life experiences, especially in childhood, how to respond to stress, fear, and challenge.

Each soul interprets the world differently. Where one person might respond with anger (fight), another may freeze in fear.

Awareness = your first step to transformation.



THE FOUR SACRED SURVIVAL PATTERNS

Fight

- Temper flare-ups
- Control or domination
- Perfectionistic expectations
- Aggressive communication
- Impulsive reactions

Core Need: Protection, Power, Boundaries.

Flight

- Anxiety and panic
- Workaholic tendencies
- Obsessive behaviours
- Overthinking and hyperactivity
- Perfectionism

Core Need: Safety through movement and distance.

Freeze

- Emotional numbness
- Dissociation and isolation
- Brain fog and indecision
- Withdrawing from relationships
- Feeling 'lifeless' or 'spaced out'

Core Need: Stillness, Safety, Waiting until it's safe to emerge.

Please

- Chronic people-pleasing
- Difficulty saying no
- Co-dependency
- Avoiding conflict
- Over-concern with fitting in
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Core Need: Belonging, Love, Acceptance.

WHY THIS MATTERS

When you see your patterns with **curiosity instead of judgment**, you awaken the power to choose differently. You can heal old wounds, rewrite your story, and step into your most **authentic, soulful life**.

SOULFUL REMINDER

- 🌸 You are not broken.
- 🌸 You adapted brilliantly to survive.
- 🌸 You now have the magic to thrive.

Healing begins with **awareness**.
Transformation blooms with **compassion**.
Your soul holds the blueprint for **wholeness**.

"Awareness is the first magic. Self-compassion is the second. Choosing a new way is the third."





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YOU'RE INVITED

Ready to explore your patterns more deeply and begin healing from the inside out?

✦ Book a Dream Session or Soul Session with Soul Spirit Cre8ive today, and take your transformation to a whole new level.

L E A R N M O R E O R
B O O K A T

W W W . S O U L S P I R I T C R E 8 I V E . C O M . A U