Coping Responses

Fight, Flight, Freeze

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Coping Styles & Responses

- Ways in which we adapt to a distressing and difficult environment

- Schema Coping Styles
  - Schema surrender (Freeze/Submit)
  - Schema avoidance (Flight)
  - Schema overcompensation (Fight)



- Default coping style: *like a coping trait*
  - *Most specific individual coping responses, derived from three broad styles*.
  - *Different to "Freeze" from a neurophysiological perspective i.e., collapse, feign death, dissociate.*

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canberratimes.com.au/act-news/police-release-cctv-footage-of-armed-robbery-at-calwell-club-20161221-gtfsps.html

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https://starsimplified.files.wordpress.com/2010/03/dilated-eye.jpg

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Flight



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associationofchronos.files.wordpress.com/2014/11/what-do-your-dreams-say-about-you-1736583491-oct-19-2012-1-600x400.jpg

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Fight



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Unconditional Vs Conditional Schemas

- Abandonment/Instability
- Mistrust/Abuse
- Emotional Deprivation
- Defectiveness
- Social Isolation
- Dependence/Incompetence
- Vulnerability to harm
- Enmeshment
- Failure
- Negativity/Pessimism
- Entitlement/Grandiosity
- Insufficient Control
- Punitiveness

Conditional Schemas Usually Drive Coping Modes:

- Subjugation
- Self-Sacrifice
- Approval-Seeking/Recognition Seeking
- Emotional Inhibition
- Unrelenting Standards/Hypercriticalness

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