



YOUR FREE GUIDE

RED FLAGS & TRAUMA RESPONSES

Recognize the Patterns That Keep You Stuck

By Alexis Galarza

Awakening Orenda Life Coaching

Relationship Trauma Healer

You're Not Imagining It

If you've picked up this guide, chances are you've been feeling like something is off in your relationships—but you can't quite put your finger on it. Maybe you've been told you're "too sensitive" or that you're "overreacting." Maybe you keep ending up in the same painful patterns with different people.

Here's the truth: You're not broken. You're not too much. And you're definitely not imagining it.

What you're experiencing are trauma responses—your nervous system's attempt to protect you from harm. And those relationship patterns you keep noticing? They're red flags that your body recognized long before your mind caught up.

This guide will help you:

- ✓ Identify common relationship red flags
- ✓ Understand your trauma responses
- ✓ Begin recognizing patterns in your relationships
- ✓ Take your first steps toward healing

Common Relationship Red Flags

Red flags are warning signs that something unhealthy is happening in a relationship. Your nervous system often picks up on these before your conscious mind does—that's the knot in your stomach, the tension in your shoulders, or that voice saying "something feels off."

Love Bombing	Excessive attention, gifts, and affection early on that feels overwhelming or "too much, too soon." They want to move very fast.
Boundary Pushing	They test your limits, ignore your "no," or make you feel guilty for having boundaries. You end up explaining or defending yourself constantly.
Gaslighting	They deny things they said or did, make you question your memory or perception, or tell you you're "crazy" or "too sensitive."
Hot & Cold Behavior	Inconsistent behavior—intense connection followed by sudden distance or withdrawal. You feel like you're walking on eggshells.
Isolation Tactics	They gradually separate you from friends, family, or support systems. They criticize people who care about you or create conflict between you and others.
Lack of Accountability	They never apologize genuinely, blame others for their behavior, or play the victim when confronted about harmful actions.

Recognition is the first step. If you're seeing yourself in these patterns, you're already beginning the healing journey.

Understanding Your Trauma Responses

When you've experienced trauma—especially relationship trauma—your nervous system develops protective responses. These aren't character flaws; they're survival strategies your body created to keep you safe.

The Four Core Trauma Responses

FIGHT

What it looks like: Anger, confrontation, defensiveness, perfectionism, controlling behavior

You might notice: Quick anger, difficulty relaxing, need to be right, hypervigilance about others' behavior

FLIGHT

What it looks like: Avoidance, workaholism, constant busyness, anxiety, overthinking

You might notice: Staying overly busy to avoid feelings, difficulty being still, racing thoughts, avoiding difficult conversations

FREEZE

What it looks like: Numbness, dissociation, inability to act, feeling stuck, brain fog

You might notice: Shutting down in conflict, feeling paralyzed when making decisions, spacing out, difficulty speaking up

FAWN

What it looks like: People-pleasing, inability to say no, abandoning your needs, merging with others

You might notice: Agreeing when you want to say no, losing yourself in relationships, apologizing excessively, difficulty identifying your own needs

Your Pattern Recognition Practice

Awareness is the doorway to healing. Use this space to begin noticing your patterns without judgment.

Reflection Question 1:

Which red flags feel familiar to you from past or current relationships?

Reflection Question 2:

What trauma response(s) do you recognize in yourself most often?

Reflection Question 3:

When do you notice your nervous system most activated in relationships?

3 Simple Daily Practices to Begin Healing

Healing happens in small, consistent moments. These trauma-informed practices help regulate your nervous system and rebuild your sense of safety.

Practice 1: Morning Nervous System Check-In (2 minutes)

Before reaching for your phone, place one hand on your heart and one on your belly.

Take three deep breaths, noticing where you feel tension or ease.

Ask yourself: "What does my body need today to feel safe?"

Practice 2: Boundary Practice (Throughout the day)

Notice when you want to say "no" but feel pressure to say "yes."

Practice pausing before responding: "Let me think about that and get back to you."

Even small pauses help rewire your nervous system to prioritize your needs.

Practice 3: Evening Grounding Ritual (5 minutes)

Before bed, stand barefoot on the ground (grass, sand, or floor).

Feel your feet connecting to the earth, noticing the support beneath you.

Speak or think: "I am safe. I am here. I am enough."

 *Consistency over intensity. Even 30 seconds of these practices can shift your nervous system.*

You've Taken the First Step—What's Next?

Recognition is powerful. But awareness alone doesn't create transformation.

If you're seeing yourself in these patterns and feeling ready to heal at a deeper level, the **THELMA Method** offers a proven path to transformation—one that addresses trauma at the nervous system level while rebuilding your sense of self, safety, and empowerment.

What the THELMA Method Offers

Transform: Interrupt the trauma patterns keeping you stuck

Heal: Process relationship trauma through somatic practices

Empower: Reclaim your voice, boundaries, and personal power

Love Yourself: Rebuild self-worth from the inside out

Master Your Life: Create sustainable nervous system regulation

Awaken: Step into authentic, empowered relationships

Ready to Go Deeper?

Book a free discovery call to explore if 1:1 coaching with the THELMA Method is right for you.

In this call, we'll:

✓ Identify your specific trauma patterns

✓ Create a personalized healing roadmap

✓ Determine if this work is the right fit for where you are

 **Schedule Your Free Discovery Call:**

<https://calendly.com/awakeningorendalife coaching/strategy-call>

Or email: info@awakeningorenda.com

Your healing journey is sacred. I'm honored to walk beside you.



— Alexis Galarza

Relationship Trauma Healer

Awakening Orenda Life Coaching