

CONSCIOUS MIND

12 'F' RESPONSE

The Tip of the iceberg is our automatic go to when we feel triggered or overwhelmed: fight - flight - freeze - fawn - flop - fornicate - feed - funny - fatigue - fidget - flood - fine

PRECONSCIOUS MIND

BEHAVIOUR

Behaviours exhibited as a result of what is happening under the water: argumentative, not able to communicate, not able to work as part of a team, substance use, conflict, self harm, mental health, physical health, isolated and lonely, broken relationships, frequent job changes, risky sexual behaviour

SUBCONSCIOUS MIND

FEELING

Feelings are a result of the even deeper waters: Guilt, trapped, sad, grief, loss, lonely, unloved

UNCONSCIOUS MIND

ORIGIN

The source of the trigger: trauma, sexual abuse, neglect, war, natural disaster, mental health, physical health, family beliefs and behaviours, intellectual challenges, physical violence, exposure to abuse

Traci Tucker Counselling
0409 361 597

tracituckercounselling.com.au

Beyond the silence, there is always hope