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## Our Alarm System

Everyone has a built in alarm system to help determine when they feel they are in danger. Our alarm system is called the limbic system.



## Normative Danger Response

When our brain detects danger, it prepares our body with the following responses:

**FIGHT  
FLIGHT  
FREEZE**

**T  
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G  
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S**

## The Overactive Alarm

When our alarm systems are set off (either due to a false alarm, or present threat), the thinking part of our brains immediately assess your surroundings to determine the level of potential danger.

Some people experience overactive alarms, which means they experience an alarm set off more frequently than others.

## What Triggers Our Alarm?

False alarms are referred to as triggers, which can become present when sights, sounds, smells remind us of a threat that has occurred previously in our life.

Common triggers can include:

- Sudden, or unexpected change
- Transitions
- Losing control
- Vulnerability

*Healing life's hurts through awareness, compassion, & self-care.*