

Trauma Triangle:

Safe-Harboring

Adapted from Karpman's Drama Triangle

Trauma Responses

Safety-Seeking

Fear-Based

Minimizes
Emotions

Shield
Distract
(Faun, Frenzy)

Mirror
Deflect
(Freeze, Fold)

Abdicates Control

Determine
Options

Emotional
Safety &
Connection

Define
Your
Limits

Protect
Self &
Others

Exaggerates
Emotions

Sword
Defend
(Fight, Flight)