

Table 1. Physiological and Clinical Highlights of Survival Strategies

Survival Strategy	Function	Physiology	Clinical trauma
Flight	Safety	↓ACTH, cortisol	Engulfment
Fight	Rid danger	↑E & NE	Murder innocents
Rescue; Caretaking	Preservation	↑ female sex hormones	Abandon to die
Attachment	Be preserved	↓ opioids	Abandoned to die; helplessness
Goal achievement; Assertiveness	Achieve life goals	↑E & NE & opioids	Failure; powerlessness
Goal surrender; Adaptation	Adapt to new circumstances	↑ ACTH, cortisol ↓ immune system	Despair; giving up
Competition; Struggle	Win scarce resources	↓ testosterone ↑ cortisol	Defeat; elimination
Cooperation; Love	Inventiveness; creativity	↓ opioids & oxytocin ↑ cortisol	Stasis; alienation