

F adrenal: fantasy in depth



What is it?

Fantasy serves an important purpose for the human psyche by helping us imagine possibilities, but, when triggered as an F adrenal response, fantasizing reaches into extremes that can harm us and our relationships

What fantasy mode looks like

Fantasy as an F adrenal response looks like a person having lost touch with reality to a major extent

How does fantasy mode activate?

Sustained trauma sometimes seems to divert the basic fight or flight adrenal reactions into imagining artificial worlds which prevent the fantasist from confronting their fears

Fantasy and PDA

Being drawn to fantasy and/or role-play is considered a core trait of PDA. This might be because the inbuilt anxiety that comes with PDA makes us prone to complex trauma reactions

Examples of the fantasy response

Fantasy can cause maladaptive daydreaming, whereby a person loses touch with reality.

Another form of fantasy is scapegoating other people for imagined crimes



© **FIRST HAND PDA**