

F adrenal: fawn in depth



What is it?

Fawning means avoiding conflict by people-pleasing, putting our own needs last and hiding our true feelings, even though doing this compromises our own well-being

What fawning looks like

A fawning person will keep on smiling and trying to appease people even if the person they're smiling at is abusing them

How does fawn mode activate?

The fawn response is associated with complex post-traumatic stress disorder (CPTSD), which develops after subjection to long-term trauma, such as domestic violence and emotional or sexual abuse

Fawning and PDA

As two of PDA's core traits are anxiety-proneness and social-focus, it's maybe not surprising that many PDA adults say fawning is their default adrenal response, often adding that they hate it

Is fawning always submissive?

Fawning can be used to establish power over others, especially if it's driven by PDA control-need. This accounts for the charm PDA people use to gain social control

