

F adrenal: flight in depth



What is it?

Flight mode, like fight, is one of the two baseline threat responses that people inherited from the animal kingdom. Knowing when to flee was essential for the survival of our species because, if we'd tried to fight off attackers we stood no chance of beating, they'd have made a meal of us (probably literally)

What does flight mode look like?

Flight, like fight, tends to be obvious to observers because, in the case of flight, the experient simply runs away. If we can't physically flee, flight mode can put us into a panic attack which can show up as trembling and panting for breath

How does flight mode activate?

As for fight, flight mode is activated by adrenaline which causes the heart rate to increase so we're primed and ready to evade danger by running from it as fast as possible

Is flight PDA's default F response?

Theoretically, flight mode may actually be PDA's default adrenal reaction because fleeing, rather than fighting, adheres to our brain's instinct to avoid demands at all costs.

Default flight mode in the PDA population may have been "flying" under the radar because it comes out as masked panic attacks

