

F adrenal: flood in depth



What is it?

Flood is sometimes cited as an additional adrenal reaction, but it lacks specific definition. It can be thought of as an adrenal trigger rather than an adrenal response

Literature describes it as a post traumatic stress disorder (PTSD) “meltdown” involving fighting, fleeing, and crying. Flood, therefore, refers to being in any heightened adrenal state caused by emotional overwhelm

What does flooding look like?

A person in flood will be emotionally charged and have lost control of their behavior, be this by being compelled to fight people or to flee from them. Flooding often causes people to weep openly

How does flood mode activate?

Flooding is caused when repeated triggers, such as being teased, cause a child, or adult to go into emotional overload.

As there is no fixed adrenal response associated with flooding, the individual may fight, flee or exhibit one of the lesser known F reactions, such as funster

An example of flooding

An example of flooding is a usually quiet kid who suddenly snaps when they've been cornered by bullies and fighting back with tearful ferocity

