

F adrenal: flop in depth



What is it?

Flop is an automatic protective defense strategy for dealing with unavoidable assaults.

Going into flop mode helps victims who can't escape from physical assaults by relaxing all their muscles to reduce pain.

The mind may shut down also.

Flopping may cause an attacker to lose interest in their victim

What does flop mode look like?

When someone goes into flop mode, their entire body flops like a rag doll.

This could be because the person has fainted, or because they've become temporarily unconscious, for example by falling asleep during a stressful social interaction

How does flop mode activate?

The flop response is triggered when a child, or adult, is cornered by a threat that they can't fight or escape from.

Examples of flop mode

An easy-to-grasp example of flop is fainting and collapsing onto the ground.

Another example of flopping is falling asleep when faced with a high pressure situation

