

# F adrenal: forget in depth



## What is it?

Forgetting, in the context of F adrenal strategies, is similar to flop and fantasy because it's an inactive response which, in the case of forget, deals with threats by forgetting about them.

It's like the proverbial ostrich that thinks it can make danger go away by burying its head in the sand

## What does forget mode look like?

Dealing with trauma by forgetting it can look like the person hasn't noticed anything bad having happened to them

## How does forget mode activate?

The forget response is brought about in situations where a child, or adult, is confronted with a threat they can neither fight nor flee.

This could be a toxic family, or social situation they can't escape

## Examples of forget mode

The most well-known version of the forget F response is dissociation where the individual feels detached, sometimes as if they've drifted outside their own body, and loses their memory of the traumatic event.

Forgetting can also happen as short-term bursts of forgetfulness when put on the spot to provide answers.

Another example is using substances like alcohol and drugs to induce forgetfulness

