

F adrenal: funster in depth



What is it?

Funster, like fib, is a socially adapted F adrenal defense strategy.

It involves playing the clown to simultaneously hide our own vulnerable true-selves and de-escalate hostility towards us.

History of the term funster

The term “funster” was coined by Sally Cat, in 2021, after she realized that the mischievous outbursts both she and her daughter carried out were anxiety-driven, and that this type of behavior was frequently described by other members of the PDA community

What does funster look like?

When in funster mode, people play the clown and fool about in an attention-grabbing manner.

There will likely be a sense that the person is panickled behind their smiling facade.

A classic example of funster mode is a kid playing the class clown

How does funster mode activate?

Kids, or adults, go into funster mode if they’re finding social interaction anxiety-inducing, and wish to prolong it by hiding their inner feelings behind a clown persona.

Clowning also serves to diffuse any tension

