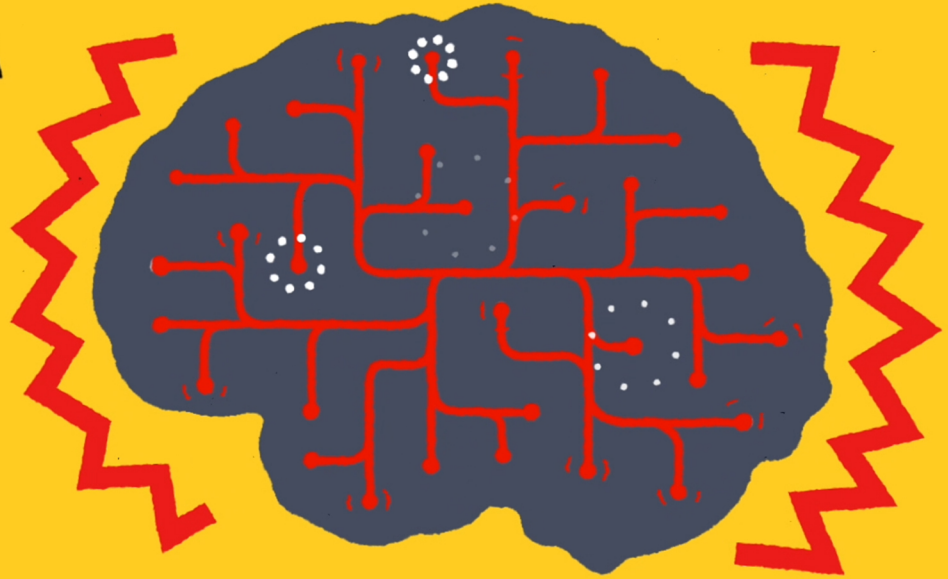


#IJUSTFROZE

**FREEZING IS A
PERFECTLY
NATURAL
RESPONSE
TO TRAUMA**



www.rapecrisisScotland.org.uk

Rape is a traumatic event.
Our brain chemistry kicks in and we go into survival mode.
Freezing is a common response.

**RAPE
CRISIS
SCOTLAND**


The Scottish
Government
Riaghaltas na h-Alba

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