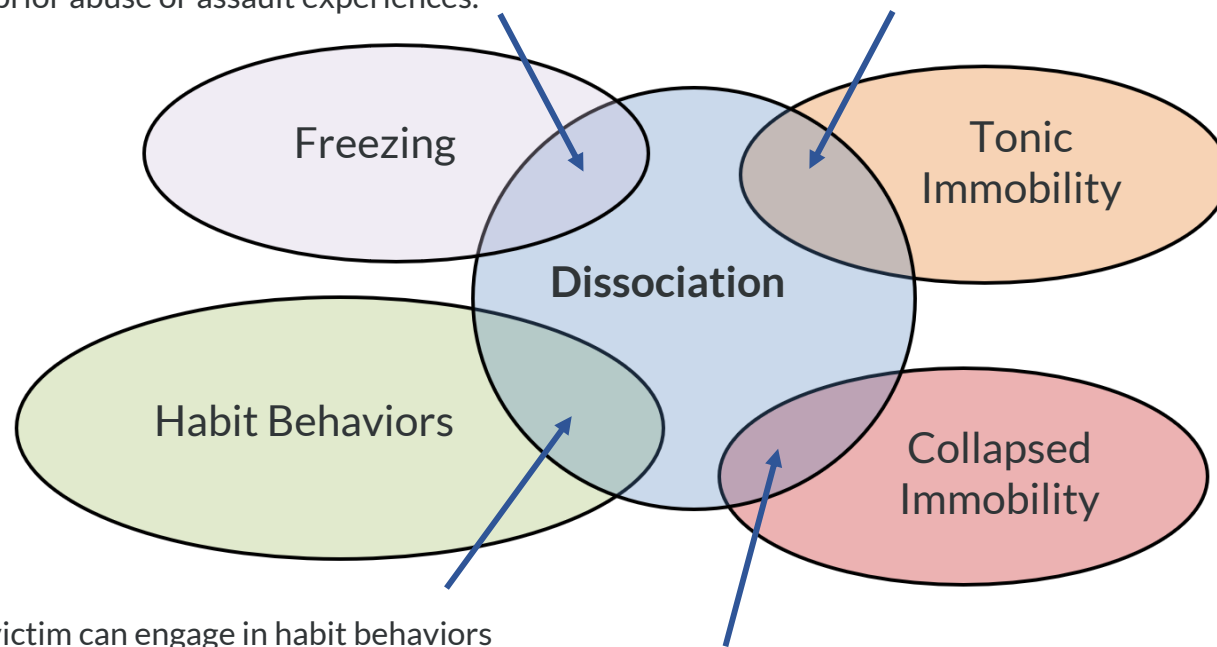


Potential Overlaps of **Dissociation** with Freezing, Habit Behaviors, and/or Extreme Survival Reflexes

Detection freezing is very brief (<2 seconds) but it's **possible** for dissociation to kick in at the same time. Dissociation can **continue or start** during shocked freezing and no-good-choices freezing (still at the beginning of an assault), especially if the person has dissociated during prior abuse or assault experiences.

Dissociation **may or may not accompany** tonic immobility. Someone may be unable to move, yell, or even speak – yet be fully aware of the horrible sensations of being assaulted and intense emotions of fear, disgust, etc. However, dissociation is **common** in tonic immobility states, when physical escape is impossible and mental escape is the only option.



A sexual assault victim can engage in habit behaviors **with or without being disconnected from sensations and emotions**. If dissociation does kick in and the person continues with habit behaviors, that's dissociative **autopilot** – which involves **no sense of choosing** the habit behaviors in which one is engaging, which can include sex acts.

Collapsed immobility involves oxygen deprivation, and the resulting faintness or dizziness **can be hard to distinguish** from dissociative "spacing out." Also, dissociation can happen before and/or overlap with collapsed immobility. However, the passing out of collapsed immobility is very different from dissociation.