How Triggers Hit So Fast in ADHD Brains

Your nervous system reacts or shuts down.

1. **Nervous system activates instantly (fight / flight / freeze / fawn).**
2. **Thinking brain (prefrontal cortex) lags behind.**
3. **Embarrassment, panic, or overwhelm erupt before you know why.**

> **🚨 A trigger hits → 🧍‍♀️ body tenses → 😵 react / shut down → 🧠 finally understand what happened**

✨Your brain is responding in *survival mode*. You're **not overreacting**. You have a very senstivite brain.