

#Healing

Stress response/ Trauma response



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Fight, flight, freeze or fawn?

what is your response?

FIGHT

- ☐ Is tense
- ☐ Heart beats fast
- ☐ Heats up and sweats
- ☐ Fists are clenched
- ☐ Teeth are clenched
- ☐ Argues
- ☐ Shouts
- ☐ Hits, punches

FLIGHT

- ☐ Feels trapped
- ☐ Is tense
- ☐ Breaths fast
- ☐ Panics
- ☐ Eyes are wide open
- ☐ Teeth are clenched
- ☐ Hides
- ☐ Escapes

FREEZE

- ☐ Is confused
- ☐ Feels tense
- ☐ Feels numb
- ☐ Heart beats fast
- ☐ Trembles
- ☐ Shakes
- ☐ Struggles to talk
- ☐ Feels frozen

FAWN

- ☐ Is confused
- ☐ Is overwhelmed
- ☐ Is anxious about saying the right thing
- ☐ Lacks self confidence
- ☐ Tries to please
- ☐ Asks lots of questions
- ☐ Over apologizes