

# Threat / Stress Responses

FIGHT	FLIGHT	FAWN/ PEOPLE PLEASER	FREEZE
<ul style="list-style-type: none"> <li>• <b>“I can”</b> (Active)</li> <li>• Irritation, Frustration, Anger, Rage</li> <li>• Dominating. Determination to confront, fight or eliminate the threat.</li> <li>• Increase HR, hot, muscle tension, tight jaw, shallow or rapid breathing, curt or explosive communication, adrenaline rush</li> </ul>	<ul style="list-style-type: none"> <li>• <b>“I can”</b> (Active)</li> <li>• Concern, Worry, Anxiety, Fear, Panic, Terror</li> <li>• Hyper-vigilant, analyzing/ projecting the future. Controlling. Try to prepare for, fix or avoid/flee the threat</li> <li>• Increased HR, cold, sweaty, muscle tension, racing mind, restless, talking quickly, shallow or rapid breathing, buzzing/ trembling/shaky</li> </ul>	<ul style="list-style-type: none"> <li>• <b>“I can’t”</b> (Active and Passive)</li> <li>• Anxiety, Fear, Guilt/ Shame, Fear Rejection, Dependent</li> <li>• Appease to reduce threat. Don’t provoke. Avoid conflict. Build connection. Be helpful. Try to <i>appear</i> relaxed/calm</li> <li>• Increased HR, submissive body language and speech, sweating, fast mind, shaky</li> </ul>	<ul style="list-style-type: none"> <li>• <b>“I can’t”</b> (Passive)</li> <li>• Fear, Overwhelm, Helpless, Depressed, Resigned/ Hopeless, Shame/ Guilt, Numb, Emotionally Disconnected</li> <li>• Decreased HR, muscles flaccid or rigid, foggy mind, tunnel vision, low energy/ collapsed, frozen/ paralyzed</li> </ul>