

# Am I Experiencing a Fight Response?

The flight, fight, freeze, and fawn response is a concept related to how individuals react to perceived threats or dangerous situations. It describes four common instinctive responses that humans and animals may exhibit when faced with a potential threat or danger.

## What is a Fight Response?

The fight response refers to the instinct to confront and engage with a threat directly. It involves a readiness to defend oneself or others by using force or aggression. This response is seen when individuals choose to confront an attacker or stand up against a perceived threat.

## Signs You Might be Experiencing a 'Fight' Response

Body Tightening	Are you feeling tightness in your jaw, face, fists, or body in general? Is it hard to let go of the tension?
Action Impulses	Do you have the impulse to get the tension out physically by hitting something for example?
Verbal Impulses	Do you have the impulse to say something that will be hurtful to someone else?
Raised Voice	Are you speaking loudly, quickly, or yelling? Are you having trouble communicating in general?
Feeling Hot or Sweating	Do you feel hot or like you need to cool down? Are you sweating in your palms?
Feeling Anger	Do you feel anger or rage in your body?
Urge to Confront	Do you feel the need to address something or someone before you have had a moment to process?
Opposite Action	Do you feel the urge to do the opposite of what others are doing or saying?
Nausea or Knots	Do you feel nausea or knots in your stomach when you take a moment to notice?







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## What is a Flight Response?

The flight response involves an individual's instinct to flee or escape from the threatening situation. It is a survival mechanism that aims to remove oneself from harm's way. For example, if a person encounters a dangerous animal, their instinctual response might be to run away to a safe place.

## Signs You Might be Experiencing a 'Flight' Response

Restlessness	Do you feel restless? Does it feel like you are suddenly filled with energy that you need to release?
Lack of Focus	Are you having trouble focusing on the here and now? Are you fidgeting? Are you able to be present?
Feeling Trapped	Do you suddenly have the feeling or thought that you are trapped and cannot escape?
Moving Away	Are you starting to exit the situation without realizing? Are you turning away? Disengaging? Shutting down?
Trouble Responding	Does it suddenly feel difficult to respond to your environment? Does it feel like your body is shutting down?
Avoidance	Do you feel the urge to leave the situation or avoid it entirely? Does it feel unsafe to be where you are?
Anxiety in the Body	Do you feel the symptoms of anxiety in your body? Increased heart rate, heavy breathing, sweating, etc.
Lack of Speech	Are you avoiding saying what you want to say? Or does it feel like you can't find the words?
Shifting Attention	Do you find yourself shifting your attention to other tasks or topics in order to avoid others?





# Am I Experiencing a Freeze Response?

The flight, fight, freeze, and fawn response is a concept related to how individuals react to perceived threats or dangerous situations. It describes four common instinctive responses that humans and animals may exhibit when faced with a potential threat or danger.

## What is a Freeze Response?

The freeze response is characterized by a temporary state of immobilization or "freezing" in response to a threat. When faced with overwhelming danger, some individuals may experience a momentary paralysis or inability to act. It can be seen as a form of self-preservation, as staying still may reduce the chances of being noticed by the threat.

## Signs You Might be Experiencing a 'Freeze' Response

<b>Restrictive Breathing</b>	Do you find yourself holding your breath without realizing? Or taking large breaths suddenly because you've been holding?
<b>Heaviness in Your Limbs</b>	Does it suddenly feel like there's been a weight placed on you? Or that you feel heavier in one part of your body than others?
<b>Sense of Dread</b>	Do you feel a sense of dread or foreboding for what is about to happen?
<b>Slowing Things Down</b>	Has your heart rate decreased? Do you feel like things are moving slowly or quickly around you?
<b>Feeling Stuck</b>	Do you feel stuck in any part of your body? Are you experiencing thoughts like you can't escape?
<b>Feeling Numb</b>	Is there a numbness present in any part of your body?
<b>Disconnection</b>	Do you feel disconnected from your current environment? Are you grounded? Does it feel like you're in your body?
<b>Lack of Presence</b>	Do you feel at all 'zoned out' or 'hyper focused' on something in your environment? Are you having trouble focusing?
<b>Lack of Speech</b>	Do you feel like you have nothing to say? Or do you feel like you want to say something but can't find the words?





# Am I Experiencing a Fawn Response?

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## What is a Fawn Response?

The fawn response is a lesser-known but equally important response. It involves a person's instinct to comply with the demands of a threat in order to reduce the potential harm. This response is often seen in situations where the threat is a person in a position of power or authority, and the individual tries to avoid conflict by being submissive or excessively cooperative.

## Signs You Might be Experiencing a 'Fawn' Response

<b>Fear</b>	Am I afraid of what might happen or the unexpected in this situation? Am I experiencing the symptoms of fear?
<b>Going Against Boundaries</b>	Does the way I am responding go against my pre-established boundaries for these situations?
<b>Releasing Power</b>	Am I letting go of the power I hold in this situation - even if I don't want to? Am I giving power to others?
<b>Focus on Others</b>	Am I focusing on others happiness/comfort/safety when I should be focusing on my own?
<b>Scanning</b>	Do you find yourself scanning individuals or their environments in order to ensure their comfort?
<b>Disconnection From Self</b>	Do you feel disconnected from yourself and your own needs? Do you have trouble identifying your body signals and needs?
<b>Disconnection from Emotion</b>	Are you disconnected from your emotions? Are you having trouble identifying what you are feeling?
<b>Perfectionism</b>	Do I feel the need to be perfect in this situation?
<b>Apologizing</b>	Are you finding yourself apologizing for things that are not your fault?

