

My Child's Danger Response

Fight Response:

Example: Signs of high stress levels, which often appear very suddenly: i.e., irritability, swearing, sudden anger, seeming hyper, and so on.

Your Child's Behaviors Which May Indicate "Fight":

Flight Response:

Example: Physical withdrawal or escape: i.e., avoiding contact with others, isolating from friends or family, refusal to do homework, and so on

Your Child's Behaviors Which May Indicate "Flight":

Freeze Response:

Example: Shutting down or disconnecting from experience: i.e., child looks numb or checked out; child may only show one emotion (i.e., "happy"); blank stare; child appears dazed, and so on.

Your Child's Behaviors Which May Indicate "Freeze":
