My Child's Danger Response

Fight Respons	<u>se</u> :
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 Respon	use:
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 Respon	nse:
-	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":

Adapted from Blaustein & Kinniburgh (2010). Treating Traumatic Stress in Children and Adolescents: How to foster resilience through attachment, self regulation and competency.