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”:

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**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”:

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**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”:

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