



# FIGHT, FLIGHT, OR FREEZE

## DOWNLOADABLE RESOURCE

### FIGHT

**Feeling:** Anger, along with helplessness

**Thought:** How can this person behave like this? Why is the world like this?

**Physical reaction:** Strengthening or tightening of muscles

**What the brain does:** The brain interprets a situation as threat and prepares the body to fight the source of the threat. The brain prepares the body to fight by redirecting the blood away from digestive functions to the muscular parts of our body to enable us to fight it out.



### FLIGHT

**Feeling:** Fear, along with helplessness

**Thought:** I will not be able to survive in this situation, I need to escape

**Physical reaction:** Strengthening or tightening of muscles

#### What the brain does?

The brain interprets a situation as threat and considers itself to be weaker than the source of threat. It prepares the body to escape the situation the source of threat redirecting blood away from digestive functions to the muscular parts of our body to enable us to fly out of the situation.

### FREEZE

**Feeling:** Helplessness

**Thought:** I can not do anything about the threat

**Physical reaction:** Numbness, inability to move

#### What the brain does?

The brain interprets a situation as extremely threatening and itself to be vulnerable, and unable to fight the situation or escape from it.

