

5 Responses to Perceived Threat

SYMPATHETIC NERVOUS SYSTEM AROUSAL

Hyperarousal, anxious, mind racing, increased heartbeat, blood pressure and rapid and shallow breathing

FIGHT

Increasing agitation and possibly verbal and/or physical aggression

FLIGHT

Increasing anxiety and the growing need to get away or hide

PARASYMPATHETIC NERVOUS SYSTEM AROUSAL

Hypoarousal, mind shutting down, feeling numb and dissociated

FREEZE

Feeling shut down, numb and dissociated

FLOP

Collapse

FRIEND

Appeasing and pleasing
Trauma bonding or Stockholm syndrome