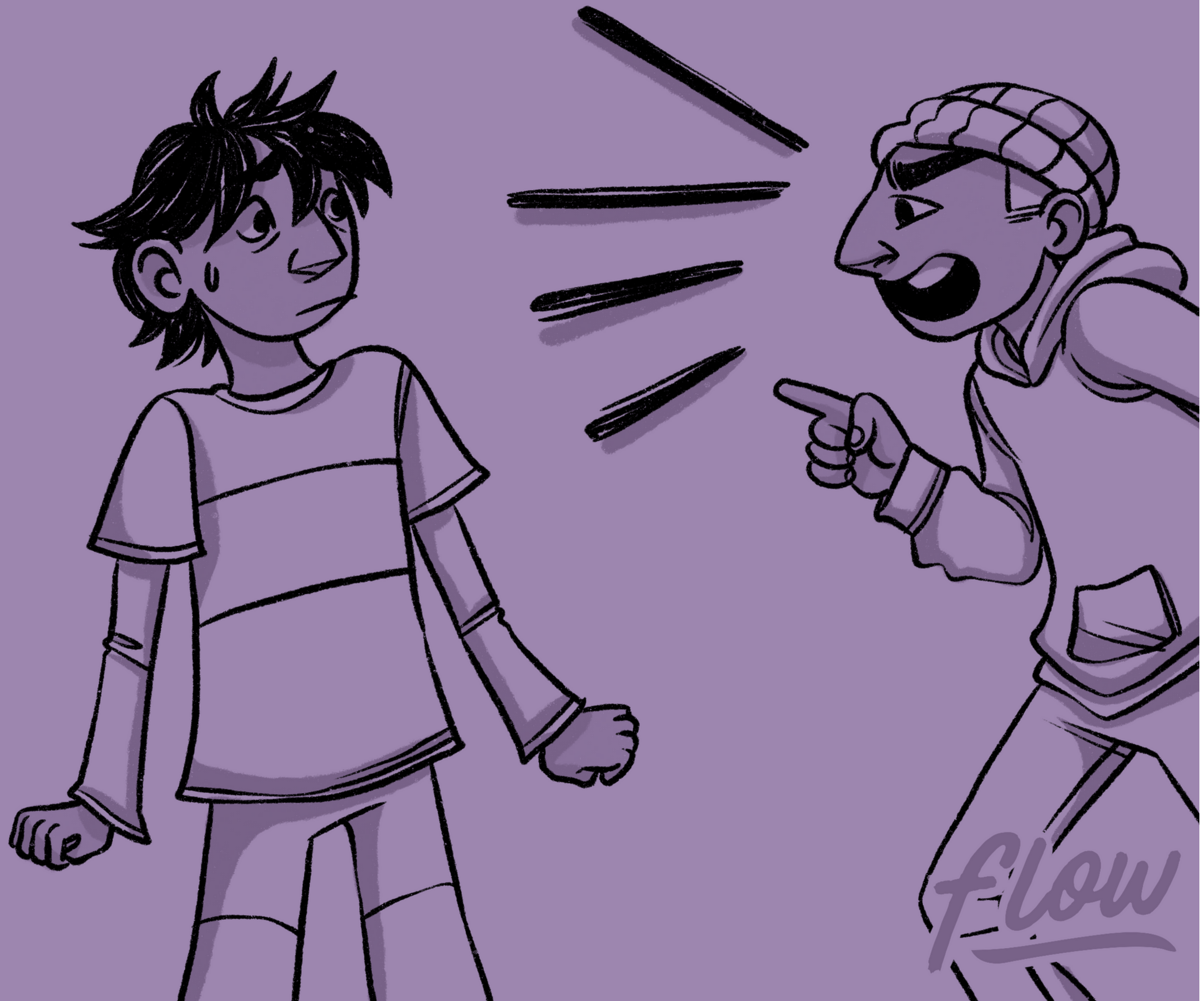


As human beings, we like to think that we have "advanced" ways of dealing with big stressful situations.



At the end of
the day, though,
our instincts
always bring
us back to
the basics:

Fight.

Flight.

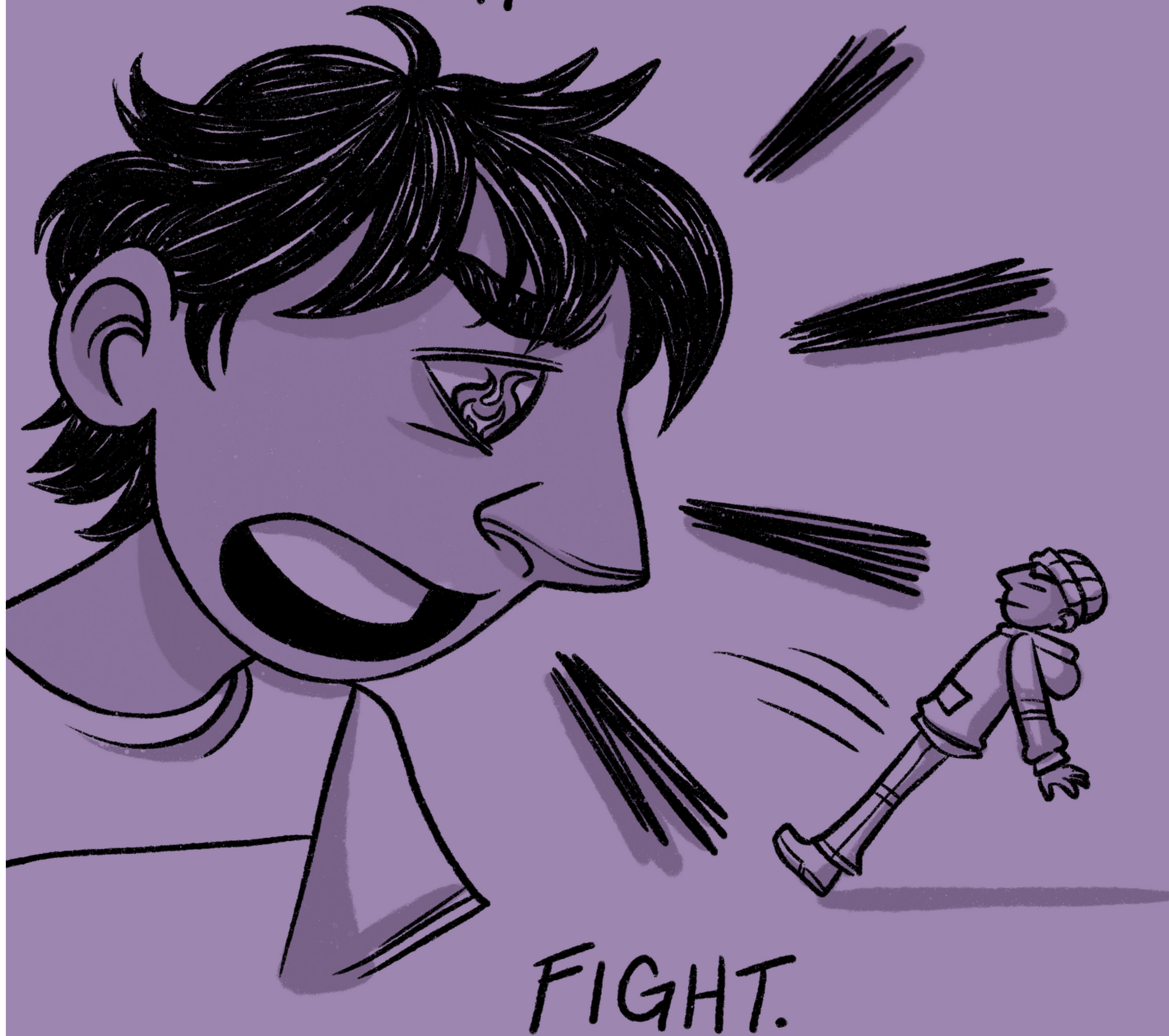
Freeze.

Fawn.

Almost like an animal.



Maybe you respond to stress with
rage that bubbles up, impossible to
hold back.



Maybe when you're stressed you feel the need to run, either physically or emotionally.



Maybe everything inside you stops,
and you can't move, can't think,
can't do anything. You almost
"play dead."



FREEZE.

Maybe you turn to "over-niceness" to diffuse & exit the situation as painlessly as possible.

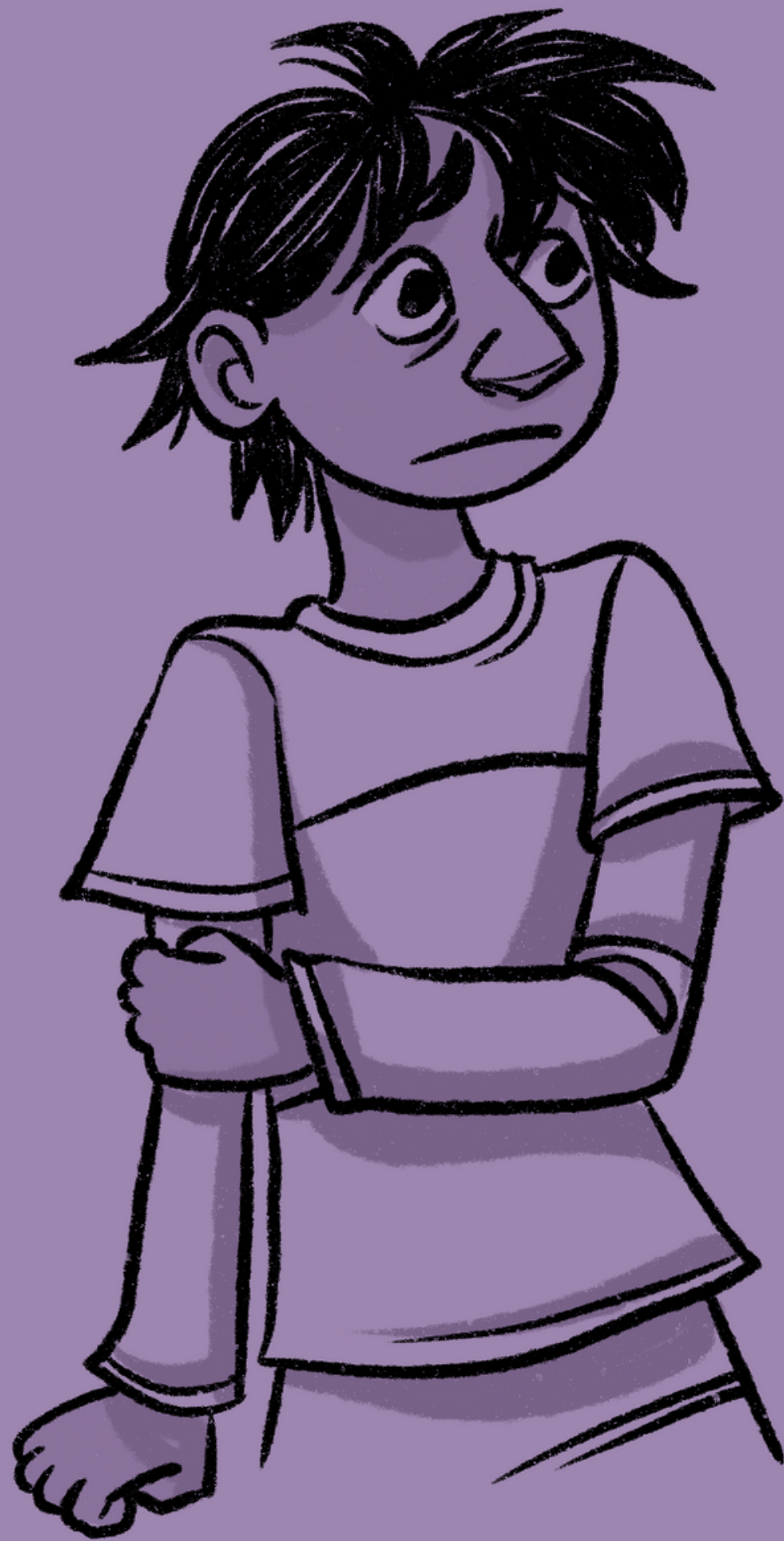


FAWN.



When we feel out of control,
these are our defaults.
It's what we can't help
returning to.

The more you learn what
your anxious response is though,
the more you can pay attention
to it.



The more you can catch yourself.

The more you can work towards
a healthier response.

