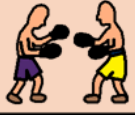




# Stress Responses



## fight



When someone experiences this, they may...



argue



throw something



hit something



hit someone



hit self



rip things



They may feel



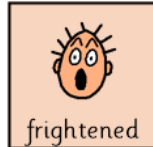
angry



sad



frustrated



frightened



something else



## flight



When someone experiences this, they may...



leave



avoid someone



run away



avoid tasks



go to the toilet



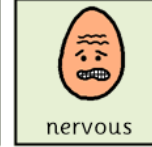
make up excuses



They may feel



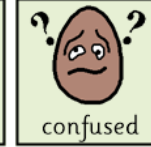
worried



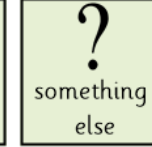
nervous



overloaded



confused



something else



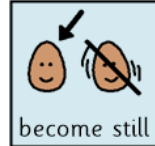
## freeze



When someone experiences this, they may...



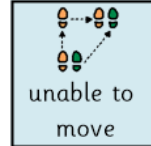
become quiet



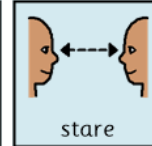
become still



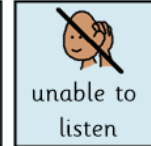
focus on the imaginative



unable to move



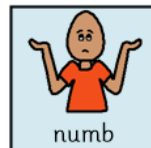
stare



unable to listen



They may feel



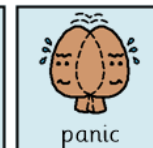
numb



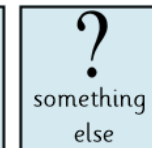
overloaded



sad



panic



something else



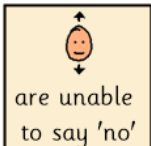
## comply



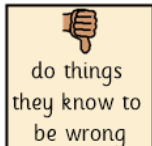
When someone experiences this, they may...



do as they are told



are unable to say 'no'



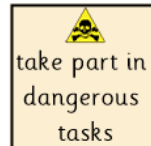
do things they know to be wrong



copy others



be unable to find a way out



take part in dangerous tasks



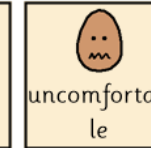
They may feel



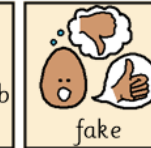
shame



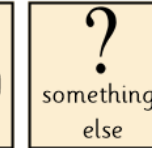
vulnerable



uncomfortable



fake



something else