



# fight



When I experience this, I may...



argue



throw something



hit something



hit someone



hit self



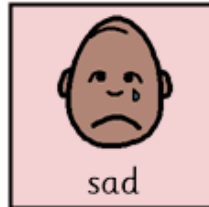
rip things



I may feel



angry



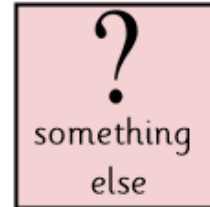
sad



frustrated



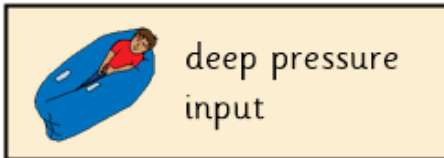
frightened



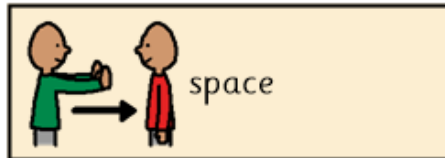
something else



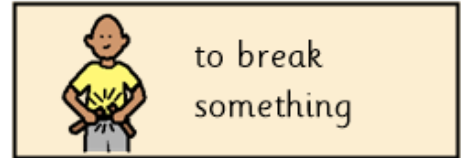
I may need...



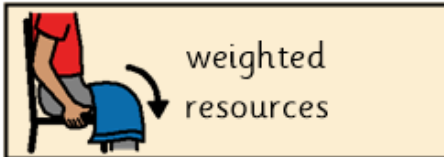
deep pressure input



space



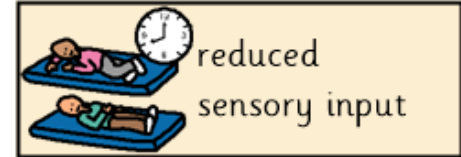
to break something



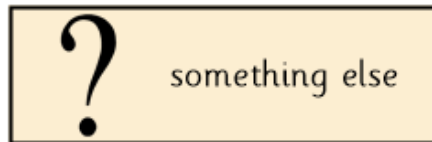
weighted resources



to not be touched



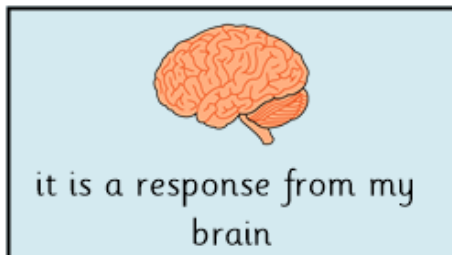
reduced sensory input



something else



Why might I react like this?



it is a response from my brain



a previous negative experience



protection





# flight



When I experiences this, I may...



leave



avoid someone



run away



avoid tasks



go to the toilet



make up excuses



I may feel



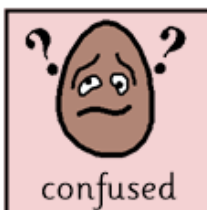
worried



nervous



overloaded



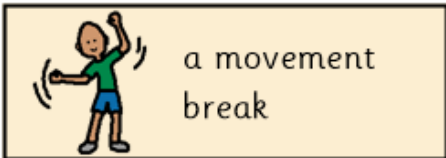
confused



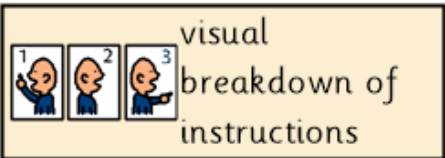
something else



I may need...



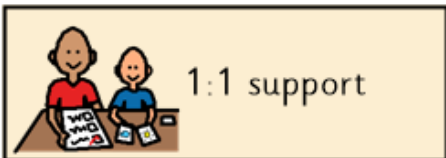
a movement break



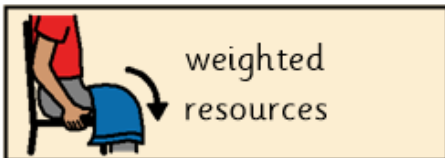
visual breakdown of instructions



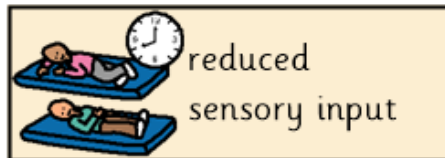
examples



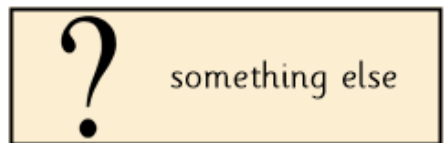
1:1 support



weighted resources



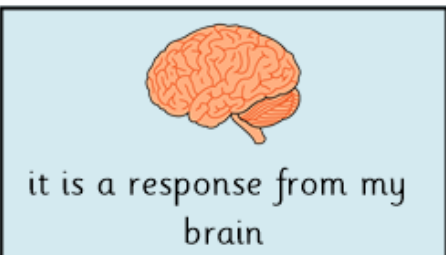
reduced sensory input



something else



Why might I react like this?



it is a response from my brain



a previous negative experience



protection






# freeze



When I experiences this, I may...




become quiet



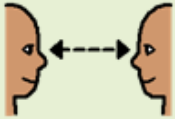
become still



focus on the imaginative



be unable to move




stare



be unable to follow instructions



I may feel



numb



overloaded



sad




panic




something else



I may need...




quiet



distractions




sensory items



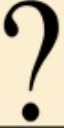
time



weighted resources




reduced sensory input



something else



Why might I react like this?



it is a response from my brain



a previous negative experience



protection






# comply



When I experiences this, I may...




do exactly as you I am told.



be unable to say 'no'



do things I know are wrong



copy others




be unable to find a way out



take part in dangerous tasks




I may feel



shame




vulnerable



uncomfortable



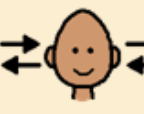
fake




something else




I may need...




to be reminded that it is okay to say no



to be given choices




to be given advice



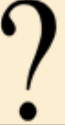
time



to talk




reduced sensory input



something else



Why might I react like this?



it is a response from my brain



a previous negative experience



protection

