

# UNDERSTAND YOUR STRESS / ANXIETY RESPONSE



These are common responses to stress and anxiety.

Consider your thoughts and behaviours, which is your most common response?

## FIGHT

response examples

feeling irritated

shouting at someone

being confrontational

feeling competitive when out and about

going through scenarios in your head where you 'tell someone what you think of them'

controlling behaviours

unable to 'hear' other-viewpoints

explosive behaviours

procrastination

## FLIGHT

response examples

avoiding situations

social isolation

refusal to speak to people when with others

sitting in a corner

difficult to relax

perfectionism

workaholic

leaving abruptly

procrastination

## FREEZE

response examples

ignoring/pretending you haven't heard people

excessive time watching tv

numbing thoughts with alcohol or drugs

not replying to emails/texts

dissociation

unable to make decisions

numbness

hibernating

sleeping

daydreaming

## FAWN

response examples

needing to please people

paying excessive compliments

always saying yes

over apologising

reluctance to be alone - codependent

agree with others to avoid confrontation

over caring

easily exploited by others

over concerned by what others think

often feels overwhelmed

struggles with boundaries