

Fight, Flight, & Freeze

When we experience trauma, our fight-flight-freeze system may become activated because our bodies recognize a threat to our safety. This can result in the following behaviors:

FIGHT:

Aggressive Behavior

- Being Hyperactive
- Defiance
- Acting Silly
- Screaming or Yelling



FLIGHT:

Avoidant Behavior

- Becoming Disengaged
- Hiding
- Wandering
- Sleeping



FREEZE:

Dissociative Behavior

- Refusing to answer
- Feeling unable to move or act
- Blank Looks

