

Engaging Traumatized Youth

with Dr. Jacob Ham, PhD

Fight, Flight or Freeze?

For each stress response below categorize it as fight, flight or freeze.

<i>Response</i>	<i>Fight?</i>	<i>Flight?</i>	<i>Freeze?</i>
1. Punching someone			
2. Yelling			
3. Avoiding someone			
4. Numbing out			
5. Drinking or drugging			
6. Avoiding eye contact			
7. Swearing			
8. Being late for an appointment			
9. Running away from home			
10. Saying "whatever!"			
11. Feeling angry about everything			
12. Posturing (showing how tough you are)			
13. Daydreaming			
14. Changing the subject			
15. Talking on and on about something			
16. Losing track of time			
17. Using disrespectful language			
18. Being forgetful			
19. Interrupting someone			

What are some other Fight responses?

What are some other Flight responses?

What are some other Freeze responses?