

When your brain detects a threat, your body will react to survive. It does not matter if the threat is real or not. There are four common ways people will react to threats:

Fight: The brain and body prepare to attack.

People who use the fight response may appear angry and aggressive. They are more likely to move towards conflict rather than away from it.

Flight: The brain and body prepare to escape.

People who use the flight response may appear anxious and fearful. They may be prone to panic attacks and be avoidant of conflict.

Freeze: The brain and body “freeze” to avoid being seen.

People who use the freeze response may feel stuck or immobile. They may “space out” when they get stressed and can often feel depressed or ashamed.

Feign or Fawn: The brain and body feel like the danger won't go away.

People who use the feign or fawn response may feel like they need to “convince” the danger to leave them alone. They may put other people's needs ahead of their own and struggle to set healthy boundaries. They seem like a people-pleaser and strive to make other people's happiness a top priority.

