

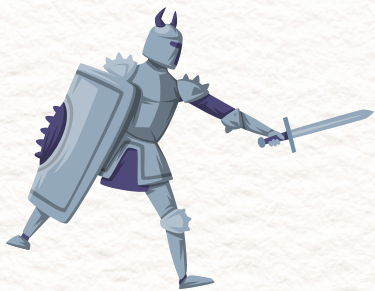
## YOUR BRAIN'S SURVIVAL & PROTECTION MODES

# Fight - Flight - Freeze



## FIGHT

CONQUER & SUBDUE  
PERCEIVED THREAT



MIND NARROWS:

- Right or Wrong
- Justice or Injustice
- Indignation
- Lack of empathy & understanding for others

REACTIONS SHAPED:

- Defensive
- I know better
- Anger & Blaming at others & situations
- Assumptions about others
- Judges self & others harshly

## FLIGHT

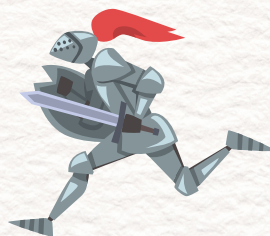
RUN, HIDE, & AVOID  
PERCEIVED THREAT

MIND NARROWS:

- I am a coward
- I am not capable
- Over-generalizes
- I am not enough

REACTIONS SHAPED:

- Fear & Distrust
- Panic
- What-ifs
- Busy with many other things
- Procrastination



## FREEZE

OVERWHELMED BY  
PERCEIVED THREAT



MIND NARROWS:

- Can't make decisions
- Fears making wrong decision
- I'm not capable
- Catastrophic thinking

REACTIONS SHAPED:

- I know nothing
- Feels child-like & dependent
- Spaces out, Mind goes blank, Zones out
- Judges self & others harshly