WHAT HAPPENS WHEN I FEEL UNSAFE

FIGHT - FLIGHT - FREEZE - FAWN

Sometimes my brain thinks something bad or scary might happen.
It quickly tells my body what to do to try to feel safe again.
This can happen even if there's no real danger.

FIGHT

I might shout, hit, throw things, or stamp my feet. This happens when I feel hurt, treated unfairly, or like no one is listening. My body tries to stop it by getting loud, big, or strong.

FLIGHT

I might run away, hide, or try to leave the room. This happens when something feels too scary, noisy, or too much. My body tries to feel safe by moving away from the problem.

FREEZE

I might go quiet, still, or feel stuck.
This happens when I feel shocked, nervous, or unsure what to do. My body stays very still because it thinks moving or talking might make things worse.

FAWN

I might say sorry a lot, agree with others, or try to keep people happy.
This happens when I feel worried someone might get angry or upset. My body tries to feel safe by being extra nice or helpful.

These aren't bad behaviours. They're signs that I feel unsafe or unsure. When I notice them, I can ask for help and start to feel better.

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