

# The **4** Primary Stress Responses

## USING ANIMAL METAPHORS



**01**

### **Fight**

A bear serves as a symbol for the "fight" response, embodying the strength and assertiveness that individuals exhibit when faced with a threat.



**02**

### **Flight**

A bird symbolizes the "flight" response, embodying the swift and evasive nature of individuals who aim to escape or avoid stressors.



**03**

### **Freeze**

In response to a perceived threat, squirrels often freeze in place, utilizing stillness as a defensive mechanism to assess their surroundings before determining a course of action.



**04**

### **Fawn**

Dolphins, known for their social and gentle nature, symbolize the "fawn" response. In this mode, individuals seek positive interactions, aiming to appease or please others, often prioritizing the needs of others over their own and avoiding conflict.

