



# FIGHT/ FLIGHT/ FREEZE AWARENESS

A Reflective Worksheet for Identifying and Analyzing Triggers

## What Happened?

### Describe the situation:

Use this space to briefly write down the event or situation that triggered your response.

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## My Response Type

(Highlight or check one)

- **Fight** (anger, frustration, reacting outward)
  - **Flight** (avoidance, escaping, distraction)
  - **Freeze** (shutting down, stuck, numb)
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## How It Shows Up

### Fight:

- Raised voice
- Tension
- Irritability
- Other: \_\_\_\_\_

### Flight:

- Avoiding
- Overthinking
- Restlessness
- Other: \_\_\_\_\_

### Freeze:

- Numb

- Stuck
  - Low energy
  - Zoning out
  - Other: \_\_\_\_\_
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## Body Signals

### What do I notice in my body?

*Write down any physical sensations you are experiencing.*

### Where do I feel it?

*Identify specific areas in your body where you feel these sensations.*

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## Awareness Pause

### What emotion might be underneath this response?

*Consider what deeper emotion might be driving your reaction.*

### What do I actually need right now?

*Reflect on what you truly need in this moment to feel better.*

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## Choose a Helpful Response

### One small action I can take:

*Decide on one small step that can help you feel more at ease.*

### A calming strategy:

- Breathe
- Move

- Talk
  - Rest
  - Write
  - Other: \_\_\_\_\_
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## Reflection

### What did I learn about my response pattern?

*Reflect on what you've noticed about your typical reactions.*

### What can I try next time?

*Think about strategies or actions you might use in the future.*

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## Affirmation

“My reactions are signals. I can learn to respond with awareness.”

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