

FIGHT

Desire to stomp, kick, smash with legs, feet

Knotted stomach/nausea, burning stomach

Metaphors like bombs, volcanoes erupting

Flexed/tight jaw, grinding teeth, snarl

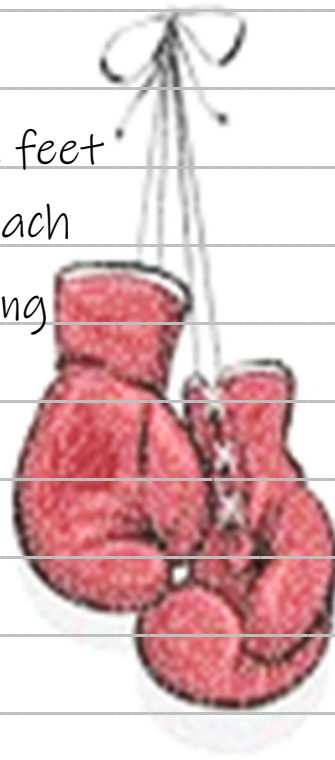
Hands in fists, desire to punch or rip

Fight in eyes, glaring, fight in voice

Homicidal/Suicidal feelings

Feelings of anger/rage

Crying



FREEZE

Sense of stiffness, heaviness

Sense of dread, heart pounding

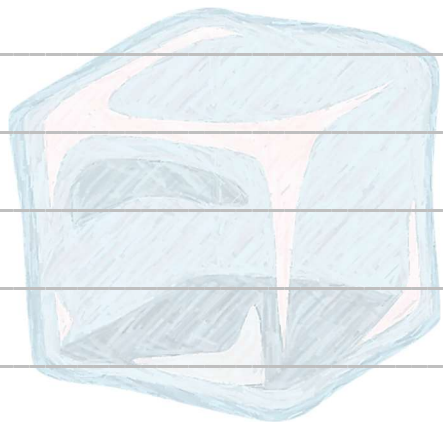
Feeling cold/frozen, numb, pale skin

Decreased heart rate (can sometimes increase)

Holding breath/restricted breathing

Feeling stuck in some part of body

Orientation to threat



FLIGHT

Excessive exercise

Big/darting eyes

Leg/foot movement

Anxiety/shallow breathing

Restless legs, feet/numbness in legs

Sense of running in life - one activity - next

Reported or observed fidgety-ness, restlessness, feeling trapped, tense

