

Calming the Storm – Anxiety Management

Group 4 Fight – Flight – Freeze

Fight-Flight-Freeze Response is based on feeling or sensing DANGER.

The response to DANGER is always FEAR.

Each one of us experience physical, behavioral, and thinking changes when confronted with something stressful because:

- We are WIRED for this
 - Example :
 - Most people are afraid of snakes, or spiders, etc.
- We are TAUGHT to be afraid
 - Example:
 - Mom told us to stay away from the cliff of we'll be hurt
 - Dad told us not to touch snakes
- We have had a bad EXPERIENCE that stays with our memories
 - Example:
 - a scary accident.
 - We are afraid of all dogs because a dog bit us when we were 5 y/o

FIGHT-FIGHT-FREEZE

- Is adaptive and keeps us safe
- Is normal and natural response
- Is an automatic response which requires little thought
- BUT – often we have this response to “normal” living without the real presence of danger.
- This is when the anxiety which produces Fight-Flight-Freeze becomes “MALADAPTIVE’ because there is not real danger.

This group/class will teach you:

1. How to reduce your anxiety when no real danger is present.
2. When the danger is not as serious as you “imagine” it to be.
3. When too much anxiety interferes with your normal life.

Now, Lets identify what causes us to feel anxious:

I feel anxious when:

I feel anxious when:

I feel anxious when:

I feel anxious when: