

Recognize Risks and Behaviours

Understanding your response patterns

When you better understand your **fight, flight, freeze, or fawn** response patterns, you can identify ways to manage your own reactions and help prevent violence in an escalating situation.



- Sudden anger
- Urge to lash out
- Tight jaw or clenched teeth
- Uncomfortable sensation in the stomach
- Action without conscious thought

- Sudden feeling of being trapped
- Sudden increased movement of arms and legs
- Numbness in limbs
- Dilated and darting eyes
- Running away or the urge to run away



- Feeling stiff, heavy, or numb
- Feeling stuck in place
- Inability to think, speak, or move
- Sense of dread
- Skin becoming pale

- Sudden concern with making the attacker happy
- Trying to be overly helpful
- Loss of personal boundaries
- Over-agreement



This microlearning is part of the Provincial Violence Prevention Curriculum eLearning course developed by SWITCH BC, with union and employer partners.

Learn more at switchbc.ca/programs/violence-prevention

