

Nervous System Responses

*This checklist is for educational purposes only. These are **nervous system survival responses**, not personality traits or character flaws. Check all that apply to you.*

FLIGHT	FIGHT	FREEZE	FAWN
<input type="checkbox"/> Workaholic	<input type="checkbox"/> Anger outburst	<input type="checkbox"/> Difficulty making decisions	<input type="checkbox"/> People pleaser
<input type="checkbox"/> Over-thinker	<input type="checkbox"/> Controlling	<input type="checkbox"/> Feeling stuck	<input type="checkbox"/> Overwhelmed
<input type="checkbox"/> Anxiety, panic, OCD	<input type="checkbox"/> "The bully"	<input type="checkbox"/> Dissociation	<input type="checkbox"/> No boundaries
<input type="checkbox"/> Difficulty sitting still	<input type="checkbox"/> Explosive behavior	<input type="checkbox"/> Isolating	<input type="checkbox"/> Lack of identity
<input type="checkbox"/> Perfectionist	<input type="checkbox"/> Irritability	<input type="checkbox"/> Numb	<input type="checkbox"/> Codependent
<input type="checkbox"/> Avoidance	<input type="checkbox"/> Judgement	<input type="checkbox"/> Shut down	<input type="checkbox"/> Appeasing
<input type="checkbox"/> Hyperactivity	<input type="checkbox"/> Slamming door	<input type="checkbox"/> Exhaustion	<input type="checkbox"/> Engaging
<input type="checkbox"/> Sadness & loneliness	<input type="checkbox"/> Self harm	<input type="checkbox"/> Indecision	<input type="checkbox"/> Self critique
		<input type="checkbox"/> Sleeps a lot	
Score: _____	Score: _____	Score: _____	Score: _____

Reflection (Optional)

- Which nervous system response scored the highest?

- Which responses show up under stress?
