

## **Fight/Flight Response**

Hyperarousal

Tense, nervous, highly irritable  
Difficulty thinking clearly & making decisions  
Thinking feels disorganized

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## **State of Ease**

**Window of tolerance**



Clarity of thought  
Socially engaged  
Feeling at ease  
Flexible, energized

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## **Freeze Response**

Hypoarousal

Feeling numb or shut down  
The body feels lethargic or immobilized  
Feeling depressed, hopeless, withdrawn