

Fight Flight Freeze Fawn Test

Instructions: Read each statement carefully and indicate how much you agree or disagree with each statement when you are under stress or facing a threatening situation. Use the following scale:

1 - Strongly disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly agree

Fight response	1	2	3	4	5
1. I get angry and confront people when I feel threatened.					
2. I become aggressive in stressful situations.					
3. I stand my ground and argue my point when I'm upset.					
4. I have a strong urge to defend myself when challenged.					
5. I feel an intense need to take control when under pressure.					
Flight response	1	2	3	4	5
1. I avoid people or situations that make me feel anxious.					
2. I leave or escape when I feel stressed.					
3. I withdraw from social interactions when I am overwhelmed.					
4. I find myself running away from problems rather than facing them.					
5. I prefer to stay away from conflicts and confrontations.					
Freeze response	1	2	3	4	5
1. I feel paralyzed and unable to act when I'm scared.					
2. I find it hard to think or make decisions when under stress.					
3. I feel stuck and unable to move forward in difficult situations.					
4. I often go blank and can't respond when someone is angry with me.					
5. I experience a sense of numbness or detachment in stressful times.					
Fawn response	1	2	3	4	5
1. I try to please others to avoid conflict.					
2. I find myself agreeing with others even if I don't truly agree.					
3. I prioritize other people's needs over my own to keep the peace.					

Fawn response (cont.)	1	2	3	4	5
4. I become overly helpful and accommodating when I'm anxious.					
5. I suppress my own feelings to make others happy.					
Scoring					
Fight: Add the scores for the five statements under the Fight Response.					
Flight: Add the scores for the five statements under the Flight Response.					
Freeze: Add the scores for the five statements under the Freeze Response.					
Fawn: Add the scores for the five statements under the Fawn Response.					
Interpretation					
High score (16-25): This response is your dominant coping mechanism.					
Moderate score (11-15): This response is somewhat common for you.					
Low score (5-10): This response is less common for you.					
Additional notes:					