

Fight Flight Freeze Fawn Test

Patient information					
Name:		Date of birth:			
Age:		Gender:			
Contact information:					
Date of assessment:					
Relevant medical or psychological history:					
I. Identification of stress response tendencies					
<p>Instructions: For each statement below, rate how frequently it reflects your response in stressful situations. Use a scale from 1 (Never) to 5 (Always).</p>					
Statement	1	2	3	4	5
I raise my voice or become confrontational when I feel threatened.					
I try to get away from the situation physically or mentally.					
I freeze or feel stuck and unable to act.					
I try to make others happy to keep the peace, even when I'm upset.					
I feel a rush of adrenaline and prepare to "fight back."					
I feel the need to run or escape the situation immediately.					
I shut down emotionally or feel numb in stressful situations.					
I immediately try to please others to avoid conflict.					

II. Scenario-based responses

Instructions: Read each scenario and select the response that best describes what you would most likely do.

Scenario 1: You receive unexpected criticism from a colleague in front of others.

- Argue or defend yourself
- Walk away or avoid the person
- Say nothing and freeze
- Apologize or agree to keep the peace

Scenario 2: You're in a group setting, and someone makes a sudden loud noise behind you.

- Turn around and demand to know what happened.
- Move away from the group quickly.
- Freeze in place, unable to move or speak.
- Laugh it off or make a joke to smooth over the tension.

Scenario 3: A close friend forgets your birthday, and you feel deeply hurt.

- Confront them and express your anger.
- Avoid them for a while or withdraw from the friendship.
- Feel emotionally paralyzed and unsure how to react.
- Downplay it and assure them it's no big deal.

Scenario 4: You're asked to speak in a surprise meeting with leadership on short notice.

- Push back or question the request assertively.
- Try to find an excuse to leave or skip the meeting.
- Go blank and feel frozen when it's your turn to speak.
- Over-prepare quickly and say what you think they want to hear.

III. Physiological and psychological indicators

Note any commonly reported reactions from the client:

Increased heart rate	Muscle tension
Shallow or rapid breathing	Numbness or immobility
Fear or dread	Dissociation or mental fog
Irritability or anger	People-pleasing techniques

IV. Reflective self-report

These are open-ended questions:

1. Describe a recent stressful situation and how you responded.

2. Have you noticed a pattern in how you typically respond to conflict or pressure?

3. Do you feel your usual responses are helpful or unhelpful? Why?

V. Contextual considerations

This section is for clinicians/healthcare professionals to answer.

1. Trauma history or past abuse?

2. Environmental triggers (e.g., workplace stress, family conflict)?

3. Age-related or developmental considerations?

4. Is the dominant response adaptive or maladaptive in the current context?

VI. Interpretation and recommendations

Summary of dominant response(s):

Fight

Flight

Freeze

Fawn

Notes from clinician/healthcare professional:

Additional notes:

Healthcare professional information

Name:

License ID number:

Signature:

Date:

Disclaimer

This assessment is designed to support psychological insight and clinical conversations to improve client outcomes. It is **not a diagnostic tool** and **should not be used as a standalone method** to identify any mental health condition. A qualified clinician should interpret the results of this assessment.