

# Fight or Flight Response Worksheet

Name:

Date:

## Identifying Triggers

List down situations or experiences that trigger your stress response:

1.

2.

3.

4.

5.

## Physical Reactions

Describe the physical symptoms you experience when you're stressed (e.g., rapid heart rate, sweating, trembling):

1.

2.

3.

4.

5.

## Emotional Reactions

Note any emotions or feelings you experience during these stressful situations (e.g., fear, anxiety, irritation):

1.
2.
3.
4.
5.

## Cognitive Reactions

Write down any thoughts or beliefs that come to mind during these situations (e.g., "I can't handle this", "I'm in danger"):

1.
2.
3.
4.
5.

## Behavioral Reactions

List your typical behaviors in response to these triggers (e.g., avoidance, aggression):

1.
2.
3.
4.
5.

## Coping Strategies

Detail some strategies you could employ to manage your stress responses better:

1.
2.
3.
4.
5.

## **Practitioner's Interpretation**

**Practitioner's Notes and Observations:**

A large, empty rectangular box with a thin black border, intended for the practitioner to write their notes and observations. The box is currently blank.