

SAFETY STRATEGY OBSERVATION

In order to understand the child's most frequently used safety strategy when feeling anxious or threatened, check all the behaviours or characteristics that you have observed on more than a few occasions.

Fight	Flight	Freeze	Submit	Fawn
Acts "hot and bothered".	Frequently runs away.	Disinterested in surroundings.	Socially withdrawn.	Can't handle conflict.
Easily angered.	Keeps super busy.	Easily confused.	Compliant.	People pleasing.
Tries to exert control.	Struggles with free time.	Changes the subject abruptly.	Often silent.	Too agreeable.
Blames others.	Needs to be first.	Can't stick with tasks.	Provides yes or no answers.	Can't name feelings.
Loud, noisy.	Bumps into people.	Not listening to others.	Slow thought process.	Avoids conflict.
Pushes away friends.	Avoids tasks or activities.	Stares into space.	Gives up on tasks easily.	Denies feelings.
Demanding.	Uses silly voices.	Clumsy.	Neutral facial expression.	No clear identity.
Inflexible thinking.	Fidgets when sitting still.	Scans the environment often.	Exhibits a low mood.	No strong beliefs.
Difficulty concentrating.	Tends to hide.	Forgetful.	Walks with head down.	Shifting values.
Difficulty finishing tasks.	Puts head down.	Slow moving.	Agrees easily.	Sudden outbursts.
Has trouble fitting in.	Difficulty following rules.	Daydreams frequently.	Described as a loner.	Bouts of sadness.
Less mature than peers.	Acts aggressively.	Delayed reactions.	Looks anxious or troubled.	"Yes" person.
Disruptive in groups.	Constantly moving.	Reluctant to try new things.	Easily bullied.	Flatters others.
Disrespectful to others.	Avoids closeness.	Lack of curiosity.	Uncomfortable in groups.	Excessive giving.
Confrontational.	Cries frequently.	Loses track of time.	Resists affection.	Self-sacrificing.
Lies frequently.	Changes topics frequently.	Does not respond right away.	Passive responses.	Fits of anger.