

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's notes and observations. It occupies the majority of the page below the header.