



FLIGHT! FIGHT! FREEZE!

Have you ever noticed how you feel the same when **GRIPPED WITH FEAR** as you do when you have an **UNPLEASANT INTERACTION** with someone?



When we feel threatened, whether it's walking through a **haunted house** or participating in an **uncomfortable conversation**, we respond in 1 of 3 ways:

FLIGHT



FIGHT



FREEZE

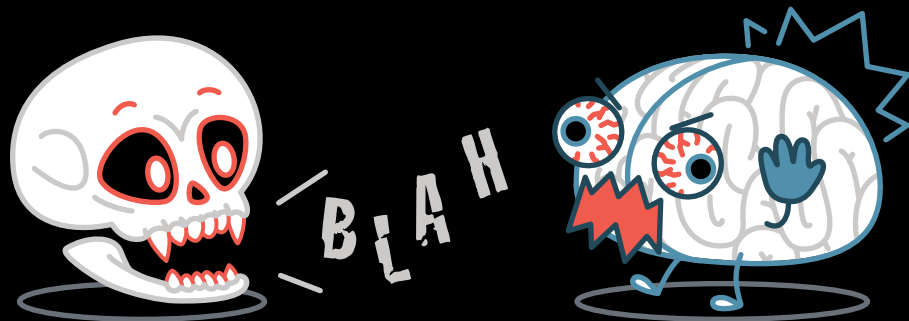


WHY IS THIS?

Cortizol and adrenaline flood the body.

When we feel threatened, the Amygdala activates, shutting down the pre-frontal cortex, the center of logical thinking. The more someone pushes, the less we listen.

When this happens, **Rational Thought, Judgment and Trust** disappears.



Whether it's a ghost, goblin or your boss that puts you in this position, the key is to keep control of the situation by not falling into the "3 F" trap.

Tap into your **emotional intelligence**, especially your **self-regulation**, and **keep control** of your situation.

