

Exploring Fight or Flight Responses



Tell a story to your partner about a situation or experience that caused you either fear, anxiety, anger, or any type of stress induced reaction because of perceived scarcity (daily stressors like being short of time, money or energy). Reflect upon your initial reaction – is it fight (confronting) or flight (avoiding)? How did your anxiety/anger/fear/scarcity result in showing little empathy for the other or others in the situation?



Listening partner – identify a way your story telling partner could cope with this type of situation the next time it occurs.



Switch!

Answer the following questions:

1

How did it feel telling your story out loud? Can you now understand how your reaction may have inhibited your empathy toward others? Why or why not?

2

Is it helpful knowing what type of reaction you are more likely to have (fight or flight?) Why or why not?

3

Did you agree with the coping mechanism your partner suggested? If yes, how can you incorporate it into additional situations? If no, what coping strategy (strategies) might be best for you so that you can be more empathetic to others when stressed?