

The Four Fs worksheet

Use this worksheet after or during a stressful event to identify your stress response, and decide what kind of response you would rather have. Then practice developing that kind of response when you are in low-stakes, low-stakes situations, when it is easier to make a conscious choice.

Learn to recognize when your body is in “autopilot” to steer you away from stress. What is/was going on with you physically, mentally and emotionally during/after the stressful situation?

What can you do to care for yourself when you’re in that state, until things are more stable?

Which of the 4 Fs would you say your stress response was?

FIGHT

- Bullying
- Controlling
- Demanding
- Explosive

FLIGHT

- Overwork
- Obsessive
- Frantic
- Worrying

FREEZE

- Avoiding
- Isolating
- Overwhelmed
- Paralyzed

FAWN

- Groveling
- Taken for granted
- Codependent
- Loss of self

What was the stressor that caused this response?

What type of response would you like to strengthen, so you can use that skill next time?

FIGHT

- Take charge
- Be assertive
- Show courage
- Set a boundary

FLIGHT

- Put in the work
- Let it go
- Disengage
- Take time out

FREEZE

- Stay present
- Find more info
- Awareness
- Establish safety

FAWN

- Be the peacemaker
- Compassion
- Diplomacy
- Compromise