

5Fs of the Survival Instinct: 5 Responses Based on Fear

Left End	Left Middle	Center	Right Middle	Right End
FIGHT	FIGURE	FEIGN	FREEZE	FLIGHT
Attack	Plan	Pretend	Hide	Escape
Stay	Analyze	Quit	Disappear	Leave
hold ground, beat, punch, kick, push, kill	think, worry, obsess, cope, problem-solve	play dead, surrender, roll over, give up	don't move, stay low, don't be noticed	run, move, ignore and leave, avoid

For more information, please read *Stiffer*.

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