



CHECKLIST FOR THE FEAR PARALYSIS REFLEX



| Signs & symptoms | Yes | No |
|---|-----|----|
| A tendency to "freeze" when there is a threat, instead of "fight" or "flight" | | |
| Shallow, difficult breathing or holding breath when upset or angry | | |
| Deer-in-the-head-lights response/staring | | |
| Obsessive Compulsive Disorder (OCD) traits | | |
| Defiant or controlling behaviour | | |
| Excessive fear of embarrassment | | |
| Fear of separation from a loved one | | |
| Extreme fear of failure, perfectionism | | |
| Phobias | | |
| Sensory processing issues | | |
| Withdrawal from touch | | |
| Hypersensitivity to touch, light and/or sound | | |
| Does not adapt well to change | | |
| Overly clingy | | |
| Extreme fatigue | | |
| Night terrors | | |
| Isolation or withdrawal | | |
| Sleep or eating disorders | | |
| Constantly feeling overwhelmed | | |
| Extreme shyness, fear in groups | | |
| Feeling stuck | | |
| Selective mutism (not speaking in situations where talking is expected, especially if speaking is already an established ability) | | |