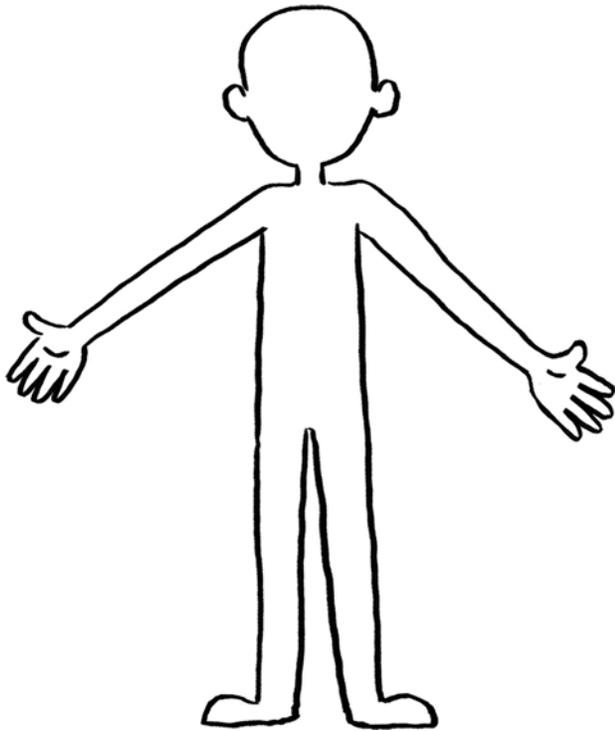


1. Circle the parts of your body that are activated during F³.

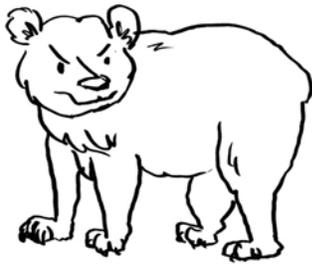


Intro:
Mission
To Earth

2. What does F³ stand for?
Circle the correct answer.

- a) Flight, Focus, Fortify
- b) Forward, Force, Freeze
- c) Fight, Flight, Freeze
- d) Fight, Front, Figure

3. In which situations can F³ or stress be useful?
Circle them.



Escaping from a wild animal

Thinking about a problem

First day of school



Trying to sleep at night



Taking an exam

Facing danger or a threat

4. Neutrino was sent transmissions from the scientifics on Earth about youthlings panicking when they were doing the following:



Think about your last panic experience. When was the last time you had a panic attack?

What were you doing right before it happened?

How do you normally react when you panic? What thoughts go through your head?

What feelings or emotions do you experience during a panic attack?

What do you do or how do you behave when you experience a panic attack?



You are at the beginning of WAVE for Panic. Revisit these answers as you go through the program to note changes/progress.