



THE 4 F'S

NATURAL SURVIVAL RESPONSES OF THE NERVOUS SYSTEM

When we perceive stress, danger, or overwhelm, our body reacts automatically to protect us. These responses once helped us survive. When activated often, they can become patterns.



FIGHT

When danger is perceived, I fight.



The body prepares to confront or resist the threat.

SIGNS YOU MAY NOTICE

- Irritability or anger
- Feeling easily frustrated
- Needing control
- Defensiveness
- Perfectionism
- Difficulty relaxing
- Tension in the body



Associated Emotions & Frequencies (approx.)

Anger, Rage, Irritation
100 – 150 Hz



FLIGHT

When danger is perceived, I run.



The body seeks safety through movement, escape, or avoidance.

SIGNS YOU MAY NOTICE

- Anxiety or worry
- Overthinking
- Restlessness
- Always busy or overworking
- Difficulty sitting still
- Avoiding or distracting
- Trouble slowing down



Associated Emotions & Frequencies (approx.)

Fear, Anxiety, Worry
80 – 100 Hz



FREEZE

When danger is perceived, I shut down.



The body becomes overwhelmed and shuts down to survive.

SIGNS YOU MAY NOTICE

- Numbness or dissociation
- Feeling stuck or hopeless
- Fatigue or low energy
- Brain fog
- Procrastination
- Emotional shutdown
- Disconnect from self or others



Associated Emotions & Frequencies (approx.)

Apathy, Hopelessness, Shame
50 – 80 Hz



FAWN

When danger is perceived, I please.



The body seeks safety through people-pleasing and caretaking.

SIGNS YOU MAY NOTICE

- People-pleasing
- Poor boundaries
- Over-apologizing
- Self-abandonment
- Difficulty saying no
- Caretaking others
- Fear of disappointing others



Associated Emotions & Frequencies (approx.)

Shame, Guilt, People-Pleasing
20 – 50 Hz



These responses are not flaws—they are adaptations. Healing happens when our body feels safe, our nervous system can regulate, and we release what no longer needs to stay.

You are not your past. You have the power to heal, regulate, and thrive.

