
FIGHT OR FLIGHT

This checklist will help you reflect on how you react to conflict. Start by thinking of a recent conflict (it can be the same one from your conflict triggers pre-read or a new one). If it is a new one, use the lines below to briefly describe it.

Identify your symptoms:

Below are some typical fight or flight symptoms. Select all the ones that applied to your conflict interaction.

- Pale or flushed skin
- Increased heart rate or blood pressure
- Shortness of breath
- Muscle tension
- Sweating
- Tunnel vision
- Tense or trembling

Reflect:

With practice, you can learn to recognize these symptoms as soon as they begin and take actions to make yourself feel calmer and act less impulsively. Below are a few strategies to try the next time:

- Take a moment to assess your situation before acting impulsively
- Try breathing and grounding exercises to gain control of your emotions
- Refocus on the situation and begin thinking of ways to resolve the conflict