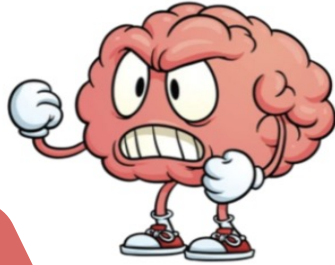


# Anchoring Like a Holdfast

## Fight



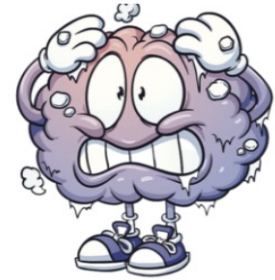
- Yelling
- Hitting
- Throwing
- Pushing
- Arguing
- Stomping
- Slamming
- Grabbing

## flight



- Running
- Hiding
- Avoiding
- Escaping
- Sneaking away
- Leaving
- Backing up
- Dodging

## FREEZE



- Holding breath
- Silent
- Not knowing
- Staring
- Shaking
- Blank mind
- Frozen
- Speechless

Circle the fight, flight, or freeze behaviors you noticed doing last week when scared.



After remembering times when you were in fight, flight, or freeze last week, let's practice **anchoring ourselves like holdfasts**. Take 5-10 slow whale breaths all the way to your feet, your holdfast. Write below what you noticed in your inner ocean.

---

---

---

---

---

---

---