HYPER-AROUSAL

Hyperactive
Distractible
Aggressive
Impulsive
(Often diagnosed A.D.H.D.)

HYPO-AROUSAL

Quiet
Flat/blunted demeanor
Far away, shell-shocked look
Compliant
Indifferent
Poor initiatives

These actions are subconscious responses to stress.

FIGHT	FLIGHT	FREEZE	FAWN
Acting out	Withdrawal	Blank look	People pleaser
Aggression	Skipping class	Daydreaming	Agreeable
Silliness	Acting asleep	Unsure	Flattery
Defiance	Avoiding others	Won't answer	Affection
Hyperactivity	Hiding/Fleeing	Unable to move	Avoiding conflict
Screaming	Wandering	Refusing help	Approval seeker
	Disengaged		

My Notes: