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Fight or Flee – Our Contradictory Nature in Crisis

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Our two primary responses to a threat or perceived threat is *to fight or flee*. Too often our choice is far more reactionary and far less a decision that has been carefully contemplated and thoroughly thought through. Yet, our choice in the midst of a difficult or potential crisis can have a major impact on our lives both now and in the future, as well as the lives of others around us. We may want to determine how we can make these choices in a manner that is healthy and balanced.

What three things in my life that always seem to generate great fear for me?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How would I rate my response to each of these three things?

0 1 2 3 4 5 6 7 8 9 10

Flee Fight

What tends to drive most of my decisions in crisis?

0 1 2 3 4 5 6 7 8 9 10

Personal Safety Sacrifice

To what degree do I believe in my ability to effectively deal with the three things that cause fear for me?

0 1 2 3 4 5 6 7 8 9 10

No Ability Significant Ability

To what degree do I believe that life has meaning and purpose even in the most difficult and destructive situations?

What do I need to do to deal with the reality that life is by nature unfair so that I can push through the issues of injustice in order to find solutions?

What can I begin to do to deal with the painful realities of my situation, but at the same time look for the rich opportunities that reside within the pain?