# Common Unproductive Reactions During Difficult, Triggering Situations

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**Fight Responses**

* Aggressively argues and debates
* Raises their voice, yells
* Tries to silence others
* Tries to compete, win at any cost
* Interrupts
* Self-righteous, arrogant or condescending behaviors
* Controlling, manipulative behaviors
* Intimidating, threatening behaviors
* Forces change
* Aggressively attacks and berates

**Flight Responses**

* Gets defensive
* Becomes overly guarded
* Withdraws
* Ignores or avoids issues
* Tries to smooth over conflict
* Placates to keep things under control
* Minimizes, downplays the issues or conflict

**Freeze Responses**

* Blank out, forget what they wanted to say or do
* Zone out
* Feel frozen, like they can’t move

**Flounder Responses**

* Gives contradictory comments/examples
* Stream of consciousness, blabbering
* Goes on tangents; way off topic
* Dismisses or minimizes the comments of others
* Explodes and directs their feelings onto others
* Sarcastic or off-handed remarks
* Belittling comments
* Intentionally tries to embarrass others
* Criticizes or accuses with the intent to humiliate and shame
* Bullies others into submission
* Turns others’ words against them
* Shuts down
* Disengages
* Uses humor and jokes to distract and smooth things over
* Quickly changes the subject
* Pretends to agree to avoid conflict
* Uses crying to distract and not engage
* Doesn’t respond or interrupt exclusionary comments and actions
* Overly anxious and scared
* Can’t decide: maybe this or maybe that
* Out of their body, still talking