

## Red Pathway

### — Fight or Flight



#### Face

- Wide, open mouth
- Anger, disgust
- Frown, grimace
- Fake, forced smile
- Clenched jaw or teeth

#### Rhythm/Rate of Movement

- Fast movements
- Impulsive movements

#### Eyes

- Open, squinted or closed eyes
- May have direct, intense eye contact
- Eyes roll upward
- Eyes look quickly around the room

#### Body

- Fingers spread out
- Arched back, tense body position
- Constant motion
- Demands space by pushing, shoving, and getting into other's space
- Biting, hitting, kicking, jumping throwing
- Bumps into things, falls
- Threatening gestures (shakes finger or fist)

#### Voice

- High-pitched crying, yelling or screaming
- Loud
- Hostile or grumpy
- Sarcastic
- Out of control laughing