

What a retained Fear Paralysis Reflex (FPR) may look like?



- Shallow breathing
- Phobias
- Panic attacks
- Insecurity
- Low self esteem
- "Elective" mutism
- Fear of separation
- Finds eye contact difficult
- Constantly anxious
- Easily disorientated
- Withdraws from social situations
- Low tolerance to stress
- Extreme shyness
- Sleep difficulties
- Prefers structured routines
- Fear of failure
- Eating disorders
- Perfectionism
- Feels overwhelmed
- Feels stuck
- Easily swayed
- Difficulties forming own opinions
- Seeks peoples approval
- Prefers 1:1 oppose to groups
- Anxiety/Anxious
- Dislikes touch
- Fear of embarrassment
- Holds breath
- Aggressive behaviours
- Temper tantrums
- Overly attached
- Unaffectionate
- Poor adaptability
- Feelings of being paralyzed when stressed or overwhelmed



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