

# 4 Fears & Antidotes

All are best done standing, but they can be done in subtle ways while sitting too.

**The Freeze:** characterized by tight or stiff posture, wide open eyes, shallow breathing



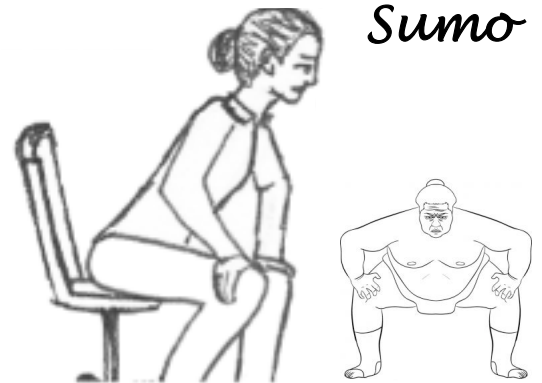
**FREEZE** can be shifted by **WIGGLE**. Start by moving fingers and toes, and eventually wiggling all along the spine. Can be done nearly invisibly in public.



**The Flee:** characterized by leaning away, diverted eyes, lost in thought particularly in the future or past



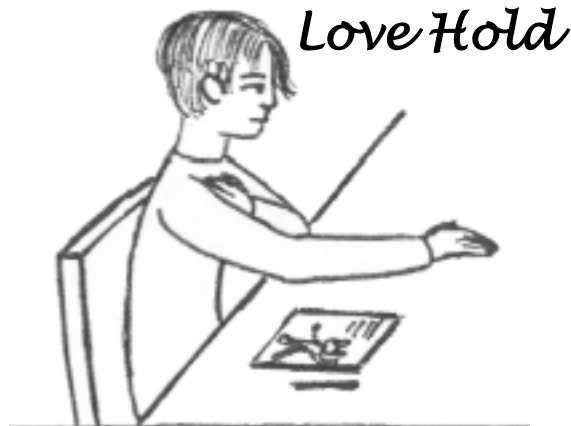
**FLEE** can be shifted by **SUMO**. Stand and bend at the hips and knees, putting all weight into hips and thighs OR lean into ground/chair, tense legs while sitting.



**The Faint:** characterized by loss of energy, feeling tired, fuzzy thinking or confusion



**FAINT** can be shifted by **LOVE HOLD**. Use the muscles of your arms while in contact. Pull a forearm inwards and grasp and push it out with the other hand. Do this in public with subtle finger moves, pushing out and pulling in. (outdated figure)



**The Fight:** characterized by a reactively quick response, forward movement, chin up, attacking or challenging actions



**FIGHT** can be shifted by **OOZE**. Imagine you are goopy chocolate on ice cream or in a lava lamp and move, speak, & think sloooooowwwwwlllllyyy.

