Stress experts around the world are adding the word **freeze** to the name in deference to the fact that instead of fighting or fleeing, sometimes we tend to **freeze** (like a deer in the headlights) in traumatic situations. The **fight or flight** response (in its original form) is about survival.

Natures shows that animals will **freeze** or play dead if they cannot win, lying on their back which gives easy access to their vital organs, basically saying “Kill me as quick as you can as I am already dead”

