

The lion becomes distracted by thieving hyenas who want his meal.

The zebra comes out of freeze and back into the flee response

The zebra escapes.



There is no escape for the child.

A part of the child's physiology remains in freeze as she is forced to continue on with her daily life.



This state of being is called "Functional Freeze" and is characterized by dissociative behavior such as "spacing out", poor organizational skills, poor social skills, withdrawal, depression, digestive problems, lethargy and more.

And also sometimes explosive rage and "tantrums" - the fight/flight energy trying to get out.

