FLIP YOUR LID

My brain when my lid flips

Worksheet 1 | Use yourself or a fictional person. Personal details may stay private.

Name or initials (optional) _____ Date _____

1. What does the guard dog nickname tell us about the amygdala?



_____

_____

_____

2. What does the prefrontal cortex help us do?



_____

_____

_____

3. Match each reaction to its description. Write A, B, or C.

FIGHT ____ | **FLIGHT ____** | **FREEZE ____**

A. Feeling stuck or unable to find words.
B. Wanting to argue or strike back.
C. Feeling an urge to escape.

4. One early sign in my body, thoughts, or actions could be...

_____

_____

_____



5. GROUP CHAT MOMENT

Someone posts about you. Your hands shake and you want to send a hurtful reply.
Circle: SOLVE IT / NOT YET.

What tells you that you need a pause? What could you do first?
If there is a threat, seek adult help immediately.

_____

_____

_____

EXIT: Why can a pause help you solve a conflict thoughtfully?

_____

_____

_____