



## The Four Fs: Cats

Fight	Flight	Fret/Fidget	Freeze
Body stiffens, facial tension	Body stiffens, facial tension	Restless	Body stiffens, facial tension
Eyes stare	Eyes wide, avoids eye contact	Eyes wide	Freezes in place, may tremble
May struggle	Turns head away, turns whole body away	Lip licking	Eyes wide
May growl and hiss	Creeping, crouching	Looking around, scanning	Mouth closed
Tip of tail twitches	Tail tucked	Pacing, pawing	Non-responsive, catatonic
Ears rotate forward as cat strikes out with a paw	Moves away, tries to escape	Sniffing	Shut down
Lunges forward	Retreats as far away as possible	Blinking	May appear to be "sleeping"
Bite	Hides behind an object	Shaking off	Helpless