



The Four Fs: Dogs

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 bare teeth	Ears pinned back	Yawning	Mouth closed
Tip of tail twitches	Tail tucked, body lowered	Pacing, pawing	Bark, whine
Ears rotate forward as dog strikes out with a paw	Moves away, tries to escape	Sniffing	Shut down, refuses treats
Lunges forward	Retreats as far away as possible	Blinking	May appear to be "sleeping"
Bite or snap	Roll over to evade contact	Shaking off	Helpless