

FAWN RESPONSE

Sourced from *Self-Care, Ch. 4 (pp. 48-59)*

BODY-KNOWLEDGE CHECK

Four questions. Answer fast.

01 - Expanded or contracted?

Notice your chest, jaw, stomach.

Genuine generosity feels expansive. Fawning feels tight, pressured, resigned.

02 - Can I say no without rehearsing?

Try the no in your head, plain and unjustified.

If the no needs a script, an excuse, or extensive justification, the yes was probably fear-based.

03 - Will I resent this later?

Imagine yourself doing the thing. Watch your gut.

Resentment is the signature emotion of the fawn response.

04 - Would I do this if no one knew?

Strip the audience away.

Fawning often requires an audience. Kindness usually doesn't.

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PRINT INSTRUCTIONS

Fold this card in half along the horizontal center for a wallet-sized version, or print on cardstock and laminate for the fridge or office wall.

READ THE FULL PAGE

thehumanfrequency.net/human-os/fawn-response
For the mechanism, the protocol, and citations.