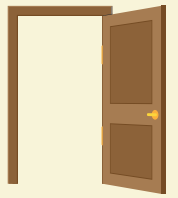


FIGHT

"The stress, it was company, relationships. If somebody's over at my house, I literally, I have physically thrown them to outside my front door."
- Sharing circle, living with HIV



FLIGHT



"...I haven't been able to deal with my stress in a good way, I've been isolating, I avoid school, I don't talk to anybody, very miserable towards my husband, and just think the world is so bad at this time." - Sharing circle, living with HIV

FINDING #2: SURVIVAL RESPONSES TO STRESSORS

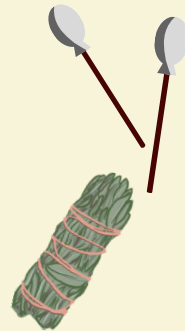
The women responded in multiple ways (i.e., **fight, flight, feel/face, freeze, fawn**) to gain control over their situations. Some responses included substance use, an appeal to their cultural beliefs, self-isolating, and setting boundaries.

To learn more, refer to the general summary infographic [here](#).

FEEL / FACE



"Just to be more aware of either my surroundings or the environment I'm in that's causing it and learn how to ground myself..." - P13, living with HIV



"...I pray to the Creator and cry, same way, or get mad, or I write. That's kind of what I need to be doing instead of avoiding things." - Sharing circle, living with HIV

FREEZE



"But sometimes it takes me three days when somebody ruined my day. It takes me three days to get over it, this is how sensitive I am. And I will stay at my apartment, and I will cry like a baby and try to be stronger for who I am." - P9, living with HIV

FAWN



Fawning involves people-pleasing and conflict-avoidance behaviour that appeases the aggressor or perpetrator to ensure safety or to reduce the risk of harm.

"I had a boyfriend before, and I know they're very stressful, it's like you **try to make them happy** one minute, then they go out and they do something behind your back." - R4

