

Challenges with retained Fear Paralysis

- Low tolerance to stress
- Senses oversensitive
- Sensitivity to smell-especially smoke, perfume and coffee
- Vestibular difficulties
- Insecure
- Anxious
- Motion sickness
- RMT movements that move head trigger FPR
- Tense Neck muscles
- Obsessive Compulsive Disorder
- Difficulty making eye contact
- Elective mutism
- Shallow breathing
- Poor sleep routine
- Needs large personal space or very small space
- Don't like change
- Usually active in Autism