

SCCR

Scottish Centre for
Conflict Resolution

cyrenians

Freeze and Shutdown



“Don’t make a sound...”

I'm surrounded by people but I feel so alone...

My senses are numb; I need to protect
myself from what's going on around me



My heartbeat, digestion and breathing are slow;
I'm not moving - I don't want to draw attention to myself

I want to be invisible; I want to make the world go away

Why do I feel this way? Find out at:
www.scottishconflictresolution.org.uk

We acknowledge the support of the Scottish Government through a CYPFEIF and ALEC Fund Grant.
Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052.

