**COMMUNICATION LADDER: FIGHT OR FLIGHT**

**Stress increases because the situation changes due to a person, animal, sound or other stimulus in the environment.**

**Calming signals are given to appease and calm.**
- Blinking; looking away; half closing the eyes; chewing; tongue out chewing; yawning; jaw stretch; head turn; neck turn; neck shake; body shake; see-saw lowering; sustained lowering; curving; splitting; showing the hiquarters; showing the flanks; eating; immobility and slowing down.

**Displacement behaviour might be shown next when the stress does not decrease.**
- Sniffing or stirring up the ground without eating; rubbing the head/neck along own leg; rubbing the head/neck on objects; self-bring; licking objects; pawing; rolling; head swing.

**Stress signals appear if the stimulus keeps disturbing the horse.**
- Mid-high to high head-neck position; rounder eyes, sometimes with visible white of the eyes; clenched lips; light to clearly visible extension of the upper lip; different shapes of upper lip and nose; more visible ‘curb’ chin; rounder nostrils; actively moving ears; carried or crenched tail; more frequent defecation and urination; pacing when obstructed; rushing; reduced eating or drinking, or unable to eat or drink; hasty movements; head swing; more frequent startle reactions.

**Weakened forms of distance increasing signals possible.**
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**In addition, distance-in creasing signals are given when the horse wants to maintain or increase the distance between himself and the disturbing stimulus.**

**Freeze, fight or flight.**
- Chasing away
- Bite threat
- Threatening to kick
- Bucking
- Arched neck
- Posturing behaviour
- Moving away from disturbing stimulus.