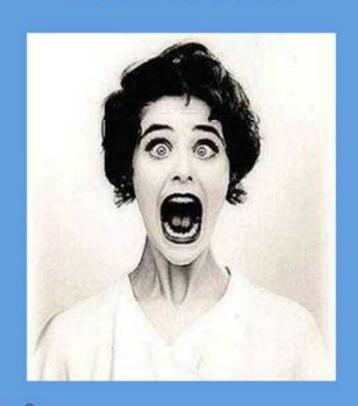
Fixed Mindset

My adrenalin will kick in and save me



Growth Mindset

A rush of adrenaline actually causes fine motor skills and cognitive skills to diminish. BUT, since I have practiced my defensive techniques (which involve large motor skills), I will be able to use them to get away or fight back