**Bioreactions**

I was walking after 12 am in the Downtown Brooklyn neighborhood to visit a sick friend. Having heard so much about how dangerous the neighborhood was and since it was so late at night, I was naturally scared. The environment was unexpectedly quiet but even the quietness was eerie since I had heard the neighborhood was never devoid of people. Suddenly I heard the trash cans falling and the sound of a gun fire. My muscles tightened as I saw a hooded figure running towards me. Naturally, I panicked and started running away from the source of the fire. Even though I had lost the sensation in my legs, I kept on running out of the fear of my life. As I was out of breath, I finally stopped at a bench and sat down panting. My palms were sweating, and my heart was pounding in my chest like never before. As I was struggling to catch my breaths, I heard a voice calling out my name. All of a sudden, I was relieved to find my friend Stephan standing in front of me. He was panting and breathing heavily as well and told me that he was the one running after me. For the next five minutes Stephan and me were laughing our hearts out at what had happened. Stephan was out to throw his trash out and seeing me on the curb, he hurried towards me, dropping the trash cans. There was a piece of discarded electronic (blender somewhere) that popped in and sounded like gunfire. If faced with the same situation again, I would ascertain that there has indeed been a mishap or a threat to my safety before jumping to conclusions. I think it is extremely important to learn from your experiences and react differently and not let your fears and presumptions dictate you.

**Reference**

Schmidt, N. B., Richey, J. A., Zvolensky, M. J., & Maner, J. K. (2008). Exploring human freeze responses to a threat stressor. Journal of behavior therapy and experimental psychiatry, 39(3), 292-304.