

Organisational Defences

Some responses and coping strategies which we commonly see in traumatised, unhealthy, and at times trauma-induced organisations and systems (Survival mode/ Parallel Processes).

<p>Go into attack mode like a hungry shark</p> 	<p>Put up my spikes like a hedgehog</p> 	<p>Go into my protective bubble</p> 	<p>Whizz around like a dart</p> 	<p>Spill out like water from a leaky pipe</p> 
<p>Put on my bulletproof vest</p> 	<p>A deflated balloon (depressed, low, hopeless)</p> 	<p>A war on the body</p> 	<p>A stretched and snappy elastic band</p> 	<p>Rigid thinking (e.g. black and white, them and us)</p> 
<p>Frozen (numb, compartmentalised or desensitised)</p> 	<p>Being hyper-vigilant and on guard</p> 	<p>Paint on a smile like a clown</p> 	<p>Over-intellectualising</p> 	<p>Tornado thoughts</p> 
<p>Retreat into my tortoise shell</p> 	<p>Crushed empathy (dehumanising)</p> 	<p>Go into quick fix or reactive mode (harder to think clearly)</p> 	<p>Point the finger (shame and blame)</p> 	<p>What else?</p> 