

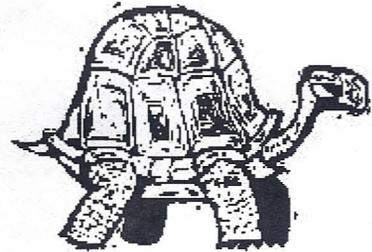
Tigers and Turtles

When they feel threatened...

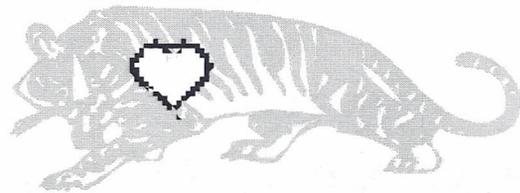
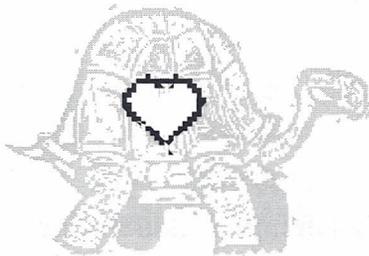


Tigers tend to expand their internal energy outwards: magnifying everything and/or experiencing it as a crisis.

Turtles tend to react by holding or toning down their energy: defending themselves by swallowing their emotions and/or retreating into their shells.



We all have the ability to express both the Turtle and the Tiger responses depending on the context. But, when we feel threatened, one is usually our main response and we usually function in opposition to our partners.



Turtles and Tigers usually find one another and fall in love. The result: a relentless and frustrating cycle of "pain and defense."