

Hedgehog Syndrome



Pain can cause us to go into self-protection mode. Just like a hedgehog, we have these "spikes" that prevent anyone from coming close to offer help or healing. If anyone tries to help, they get hurt by our "spikes".

"Hurt people, hurt people."

Write down some of your thoughts on Hedgehog Syndrome and the quote "Hurt people, hurt people."

How can you keep yourself from going into Hedgehog Syndrome mode?
