

# Fight, Flight, or Freeze

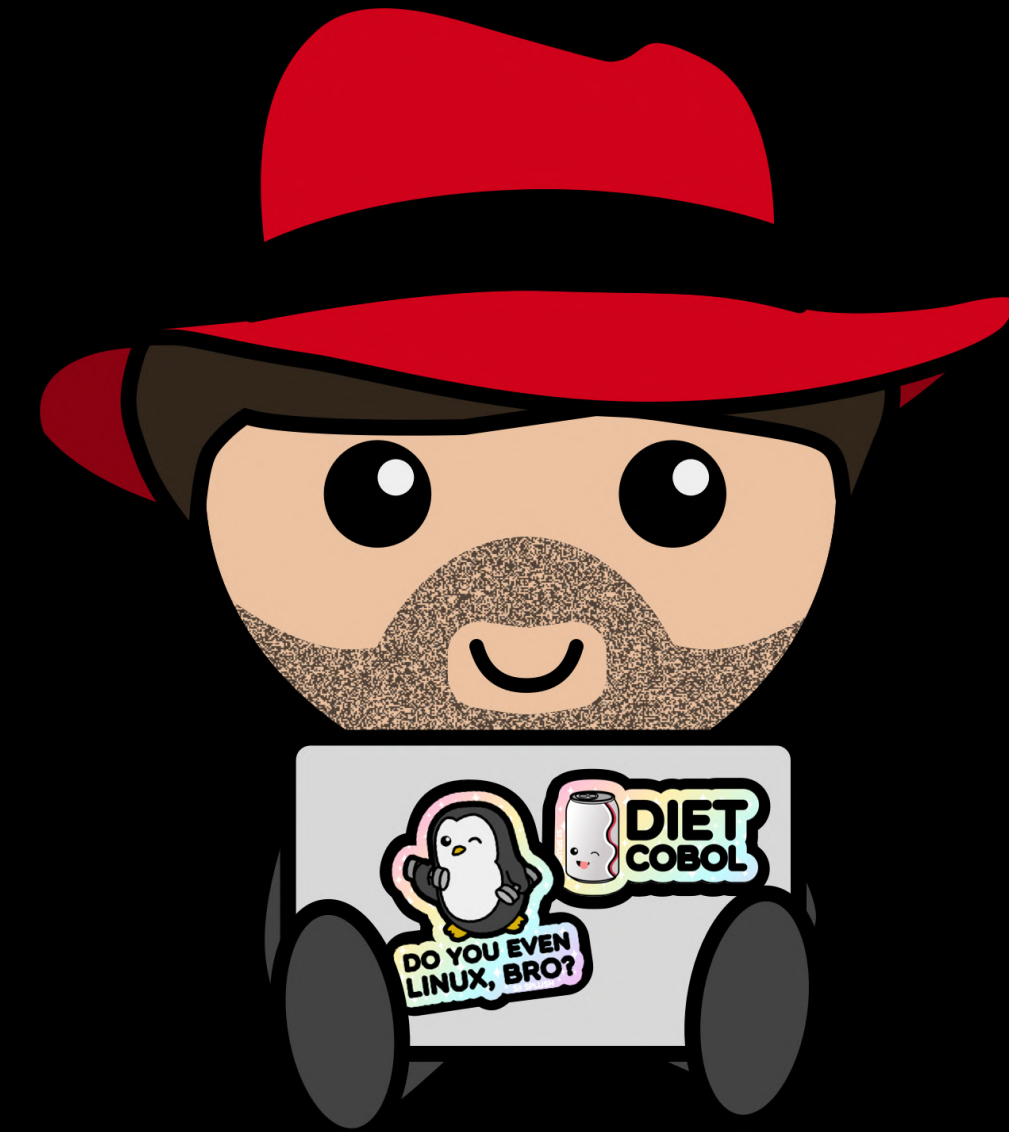
Releasing Organizational Trauma

**Content Warning:**  
**Discussion of trauma and post-  
traumatic stress**

**I am a trauma survivor**

I am a trauma survivor

I am *not* a mental health  
professional



**Kitchens**

@this\_hits\_home

.@mattstratton has the best hair of any developer advocate 🌟

fite me

4:14 PM · Feb 13, 2019 · Twitter for iPhone







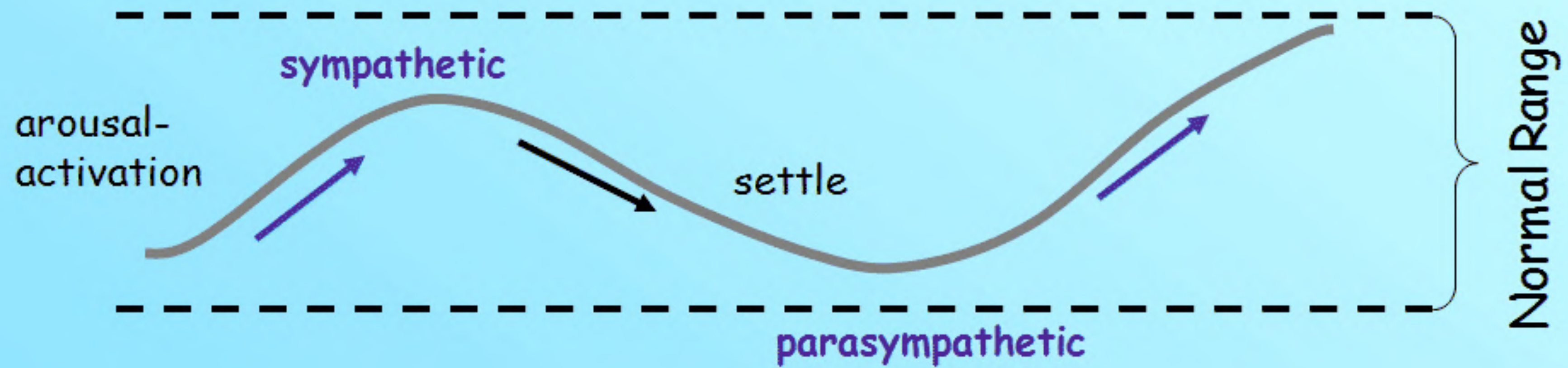
Humans are not zebras

**“Animals in the wild are not traumatized by routine threats to their lives, while humans, on the other hand, are readily overwhelmed and often subject to the traumatic symptoms of hyper arousal, shutdown and dysregulation.”**

***– Dr. Peter Levine***

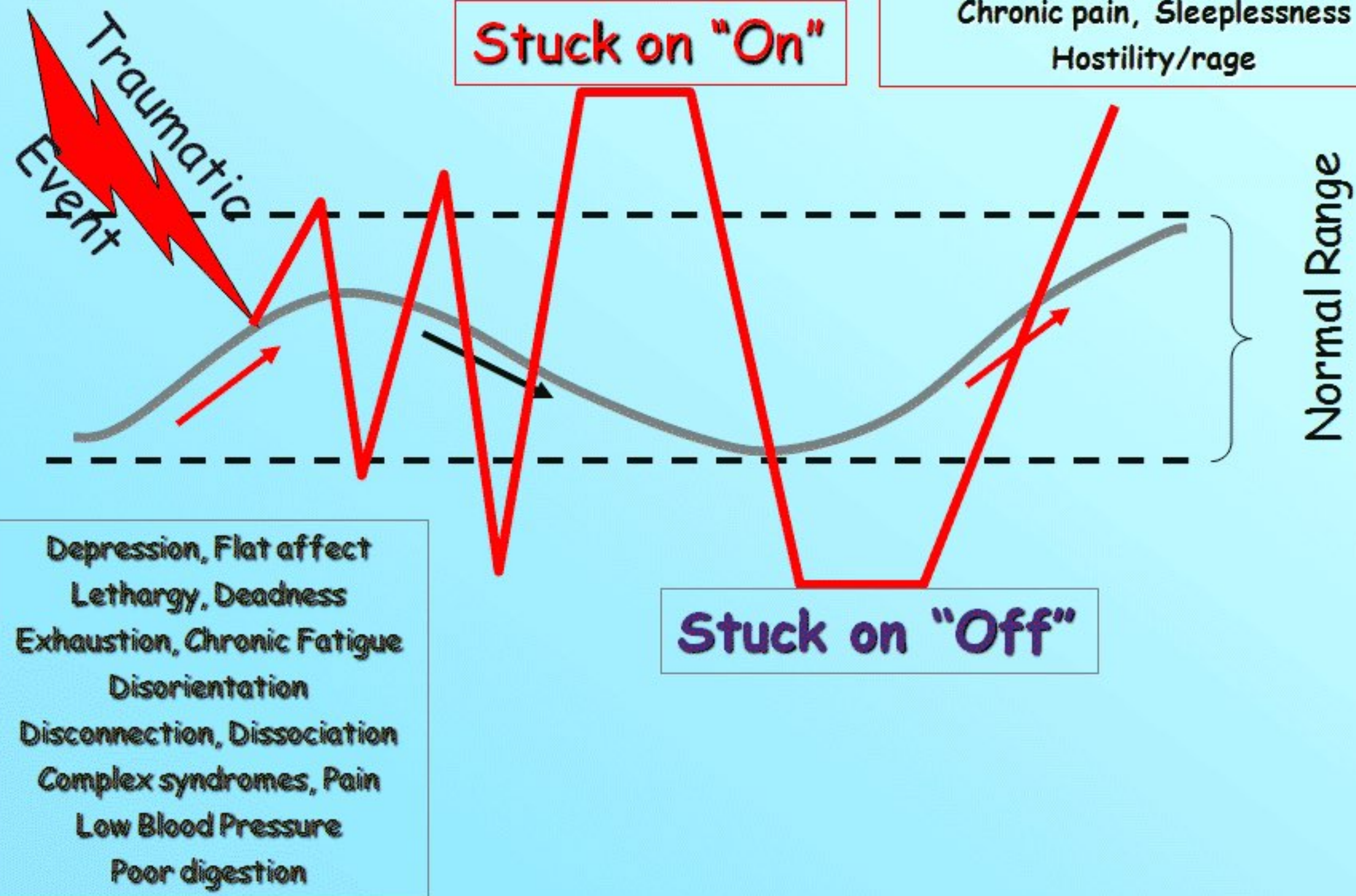


# A Healthy Nervous System





# Symptoms of Un-Discharged Traumatic Stress





# Nuanced



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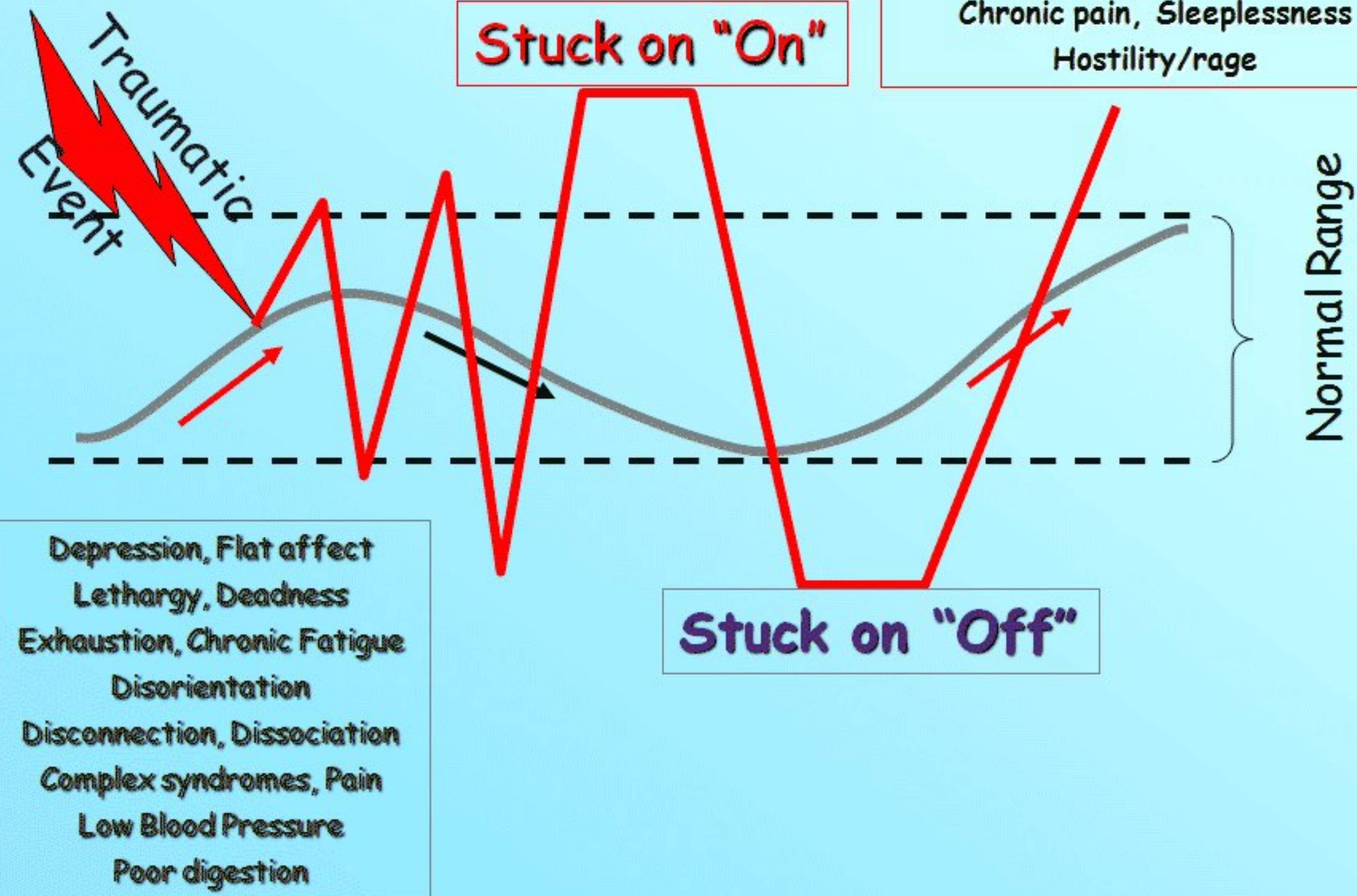
- Trauma occurs when one's solution (active response to threat) does not work
- Trauma can result from real or perceived threats
- Trauma is subjective and relative



**How does this apply to an  
organization?**



# Symptoms of Un-Discharged Traumatic Stress





# Hyperarousal

*fight or flight*

# Hypoarousal *freeze*



# Inappropriate response









**Jennifer Brea** ✓

@jenbrea



"We have a saying in medicine that when you hear hoofbeats, the first thing that should come to mind is a horse, not a zebra." This too cute by half phrase has killed so many zebras. [@raf\\_ideas](#) [#Afflicted](#)

10:35 PM · Aug 13, 2018

**Identify your organization's  
window of tolerance**



**“Resilient organizations are not traumatized by routine threats to their mission or business. Non-resilient organizations are readily overwhelmed and often subject to the symptoms of overreaction, shutdown and lack of regulated effort.”**

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*– Matty Stratton*



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*– Matty Stratton  
(Not a doctor)*

# Regulate







# Organizational somatic experiencing



“root cause”

“contributing factors”



# Game days





# Planned failure injection





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# Process failure







# Cognitive distortions

# Polarized thinking



# Overgeneralization

# Fortune telling



# Control fallacies

“Resilient strength is the opposite of  
helplessness.”

*–Dr. Peter Levine*



<https://speaking.mattstratton.com>