

Loyal Soldiers

- Needs
- Boundaries
- Survival Strategies
- Defense Mechanisms
- Loyal Soldiers

Common loyal soldiers strategies engaged to protect us when we were children was a sort of psychosocial downsizing, a suppression of our natural exuberance, intelligence, talents, emotions, wildness and/or enthusiasm so we could become more like what our parents and others wanted of us.

Loyal Soldiers strategies try to keep us safe by inciting us to act small, act beneath our potential, or be one-dimensional so we might secure a place of belonging in the world.

Common Tactics Deployed by Loyal Soldiers

- Avoiding risk to render oneself as nonthreatening to others
- Placing one's agenda last so not to displease anyone, or arouse anger or envy in others
- Self-imposed rules to keep us out of trouble; could involve partial or complete social withdrawal to minimize hurtful contact
- Adopting an unpleasant or down trodden appearance
- Inner Critic
- Caretaking vs. Caregiving

"Wild Mind" Bill Plotkin



**Collage Your
Loyal Soldiers**

