

**Title: Conversations**

**Subtitle: Snail Shell Psychology**

**Second Subtitle: Snail Shell Psychology**

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When someone is traumatised, they'll often interact like a snail going into its shell. When it feels safe it will fully put out its antenna, and at the end they can see. Yet when they are not safe they only partially put out their antenna, and so bump into things. If they feel unsafe they retreat into their shell completely.

This same mechanism applies to human psychology; where when someone has trust feelers, it is often due to their bad interactions in the past - Plus this shows a person's ability to not have the trust within their psyche, to not have the trust.

If someone has even more issues, where they then suffer from depression or anxiety, and they then remove themselves from others into their shell, this is where they isolate themselves from their interactions in weird ways.

Until a person feels confident to fully put out their antenna, and to look at the world, Snail Shell Psychology applies, where they still have issues to deal with. The same mechanism, is that when someone does have traumatic issues to deal with, after a bad thing, it is a recovery technique, to make sure they are in a place where they can feel safe.

In our society there is too much insistence on still keep going, when our hearts are broken we should take the time first, to rebuild our inner space. As just like the same happens with people who have damaged psyches, often they will have trouble interacting with others, as they're putting feelers out, and not truly looking at the situation.

**Attach:file**

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**snail-shell(1p05)** 1.93 KB

