



Some common Type 1 defenses are: Anger Repression, Black-and-White Thinking, Denial of Imperfection, Dichotomous Thinking, Displacement, Hypercriticism, Idealism, Judgmental, Moralism, Projection, Reaction Formation, Self-Restraint, Suppression, Unrealistic Expectations, Virtuousness.

Example Defenses:

Defenses of Character	How It Shows Up in My Life (What I do)	How It Harms Me (How What I do Makes Me Feel)	How It Harms Others (How What I do Makes Others Feel)
Perfectionism	I strive to meet impossible standards and criticize myself when I fall short.	I feel anxious, overwhelmed, and never good enough.	Others feel judged or inadequate around me.
Self-Righteousness	I believe my way is the right way and resist others' perspectives.	I feel isolated and disconnected from others.	Others feel criticized or dismissed.
Self-Criticism	I constantly replay mistakes in my mind and berate myself for them.	I feel drained, stuck, and unworthy.	Others may feel uncomfortable with my self-judgment.
Over-Control	I try to manage every detail to ensure perfection.	I feel stressed and unable to let go.	Others feel micromanaged or stifled.
Intolerance	I struggle to accept others' flaws or mistakes.	I feel frustrated and alienated.	Others feel judged or unaccepted.
Impatience	I become frustrated when things don't go as planned.	I feel tense and irritable.	Others feel rushed or undervalued.
Rigidity	I resist change and insist on sticking to rules or routines.	I feel inflexible and stuck in my ways.	Others feel constrained or unsupported in their choices.
Resentment	I hold onto anger when things aren't done "right."	I feel bitter and unable to move forward.	Others feel unfairly blamed or criticized.
Fear of Failure	I avoid risks or trying new things to avoid making mistakes.	I feel stuck and miss opportunities for growth.	Others feel frustrated by my hesitancy or lack of initiative.

Your Defenses:

[illegible]