



Some Common Type 2 Defenses Are: Boundary less, Denial of Anger, Disengagement, Emotionalism, Flattery, Guilt Induction, Over-Giving, Over-Identification, Over-Involvement, Possessiveness, Seductiveness.

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) |
|------------------------------|--|--|--|
| Pride | I avoid asking for help, thinking I don't need it. | I burn out and feel unseen. | Others can't connect with or support me. |
| Manipulation | I give expecting love or appreciation in return. | I feel disappointed when others don't reciprocate. | Others feel pressured and obligated. |
| Martyrdom | I overextend, then feel resentful when unacknowledged. | I feel exhausted and emotionally drained. | Others feel guilty or burdened. |
| People-pleasing | I avoid saying no to keep harmony. | I feel overwhelmed and unimportant. | Others don't see the real me or my boundaries. |
| Denial of needs | I pretend I don't have needs and focus on others. | I feel empty and unworthy. | Others feel uncomfortable or unaware of my needs. |
| Over-responsibility | I take on too much, feeling responsible for everyone's happiness. | I feel emotionally drained and resentful. | Others feel controlled or reliant on me. |
| Avoiding conflict | I fear confronting others, so I avoid expressing my true feelings. | I suppress resentment and grow distant. | Others don't understand what I need. |
| Co-dependency | I become overly involved in others' problems. | I feel anxious and overburdened. | Others feel dependent or pressured to rely on me. |
| Fear of rejection | I over-give to avoid being rejected. | I feel unseen and unworthy. | Others feel obligated rather than connected. |

Your Defenses:

[illegible]