

Type 3 - DEFENSE FORM



Some Common Type 3 Defenses Are: Approval-Seeking, Avoidance of Failure, Deception, Impatience, Insecurity, Overworking, Persona Adoption, Self-Promotion, Status-Seeking, Superficiality, Vanity, Workaholism.

Example Defenses:

Defenses of	How It Shows Up in My Life	How It Harms Me	How It Harms Others
Character	(What I do)	(How What I do Makes Me Feel)	(How What I do Makes Others Feel)
Overachievement	I focus on accomplishments to feel valuable.	I feel burned out and disconnected	Others may feel overshadowed or
		from my true self.	unimportant.
Image-consciousness	I prioritize looking successful over being authentic.	I feel isolated and misunderstood.	Others may feel deceived or unable to connect with me.
Neglecting personal needs	I push myself to achieve at the expense of self-care.	I feel physically and emotionally drained.	Others may feel frustrated or worried about me.
Emotional detachment	I suppress emotions to maintain focus on goals.	I feel disconnected from myself and others.	Others may feel unsupported or unimportant to me.
Manipulation	I use charm or influence to get what I want.	I feel guilty or insincere.	Others may feel used or mistrustful.
Perfectionism	I fear failing and strive to meet impossible standards.	I feel anxious and avoid risks.	Others may feel judged or pressured.
Fear of vulnerability	I avoid showing weakness or asking for help.	I feel alone and unsupported.	Others may feel shut out or unneeded.
Competition	I compare myself to others and strive to outdo them.	I feel envious and never satisfied.	Others may feel inadequate or alienated.
Your Defenses:			