



Type 4 - DEFENSE FORM

Some common Type 4 defenses are: Avoidance, Comparisons, Denial, Dramatization, Emotional Reactivity, Fantasy, Impracticality, Introspection, Introjection, Isolation, Melancholy, Moodiness, Projection, Romanticizing.

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)
Envy	I compare myself to others and feel lacking.	I feel unworthy and stuck in self-pity.	Others may feel I'm distant or ungrateful.
Self-pity	I focus on my struggles and feel misunderstood.	I feel stuck and disconnected from gratitude.	Others may feel drained or helpless to support me.
Emotional intensity	I dwell on strong emotions and dramatic narratives.	I feel overwhelmed and unable to take action.	Others may feel overshadowed or excluded.
Withdrawal	I retreat when I feel overwhelmed or misunderstood.	I feel isolated and disconnected from support.	Others may feel abandoned or shut out.
Idealism	I set unrealistic expectations for myself and others.	I feel disappointed and critical.	Others may feel they can't measure up to my standards.
Over-identifying with feelings	I let emotions define my identity and decisions.	I feel stuck in cycles of intense emotions.	Others may feel overwhelmed or unable to connect with me.
Self-absorption	I focus too much on my inner world.	I feel disconnected from the present and others.	Others may feel neglected or unseen.
Longing for what's missing	I focus on what I don't have instead of what I do.	I feel dissatisfied and discontented.	Others may feel I'm ungrateful or hard to please.
Fear of rejection	I avoid being vulnerable for fear of being judged.	I feel lonely and unseen.	Others may feel I'm withholding or untrusting.

Your Defenses:

[illegible]

