Some common Type 5 defenses are: Aloofness, Compartmentalization, Concealment, Disengagement, Hoarding of Resources, Minimalism, Neglect of Personal Needs, Observational Detachment, Privacy Seeking, Reduction of Needs, Reticence, Self-Sufficiency.

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)
Intellectualizing	I analyze emotions rather than feeling them.	I feel disconnected and overwhelmed by	Others may feel I'm cold or
		unprocessed emotions.	unavailable.
Withdrawing	I retreat when I feel emotionally	I feel isolated and out of touch with others.	Others may feel abandoned or
	overwhelmed.		rejected.
Hoarding	I avoid sharing what I know to feel in control.	I feel burdened and isolated by keeping	Others may feel excluded or
knowledge		things to myself.	undervalued.
Emotional	I avoid connecting deeply to protect myself	I feel lonely and disconnected.	Others may feel unimportant or
detachment	from vulnerability.	T fool about and price out an avenuable	distant from me.
Fear of	I avoid tasks or situations where I might fail.	I feel stuck and miss out on growth opportunities.	Others may feel I'm not dependable or engaged.
incompetence Avoidance of	I refuse help, wanting to rely solely on	I feel overwhelmed and unsupported.	Others may feel unnecessary or
dependency	myself.	Treel overwhelmed and unsupported.	unvalued.
Self-isolation	I spend too much time alone to recharge.	I feel disconnected and misunderstood.	Others may feel excluded or
Sen isolation	Topona too maan time alone to recharger	Trees albeenmeeted and impariacisted at	unimportant.
Overthinking	I obsess over decisions, delaying action.	I feel stuck and unable to move forward.	Others may feel frustrated by my
3			inaction.
Fear of inadequacy	I avoid situations where I might appear	I limit my opportunities for connection and	Others may feel I'm distant or
	unprepared.	growth.	uninterested.
Your Defenses	S:		
			+