



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)
Intellectualizing	I analyze emotions rather than feeling them.	I feel disconnected and overwhelmed by unprocessed emotions.	Others may feel I'm cold or unavailable.
Withdrawing	I retreat when I feel emotionally overwhelmed.	I feel isolated and out of touch with others.	Others may feel abandoned or rejected.
Hoarding knowledge	I avoid sharing what I know to feel in control.	I feel burdened and isolated by keeping things to myself.	Others may feel excluded or undervalued.
Emotional detachment	I avoid connecting deeply to protect myself from vulnerability.	I feel lonely and disconnected.	Others may feel unimportant or distant from me.
Fear of incompetence	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.
Avoidance of dependency	I refuse help, wanting to rely solely on myself.	I feel overwhelmed and unsupported.	Others may feel unnecessary or unvalued.
Self-isolation	I spend too much time alone to recharge.	I feel disconnected and misunderstood.	Others may feel excluded or unimportant.
Overthinking	I obsess over decisions, delaying action.	I feel stuck and unable to move forward.	Others may feel frustrated by my inaction.
Fear of inadequacy	I avoid situations where I might appear unprepared.	I limit my opportunities for connection and growth.	Others may feel I'm distant or uninterested.

Your Defenses:

[illegible]

