



Type 6 - DEFENSE FORM



Some common Type 6 defenses not listed below are: Ambivalence, Catastrophizing, Contrarian Thinking, Defensiveness, Indecisiveness, Insecurity, Overthinking, Pessimism, Projection, Reassurance-Seeking, Suspicion, and Worry.

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)
Self-Doubt	I hesitate to make decisions, fearing I'll fail or make the wrong choice.	I feel stuck and anxious, unable to move forward.	Others feel frustrated by my indecision or lack of confidence.
Mistrust	I question others' intentions and struggle to trust their motives.	I feel isolated and disconnected from others.	Others feel misunderstood or unfairly judged.
Fear of Rejection	I seek constant reassurance to avoid feeling unworthy or abandoned.	I feel insecure and overly dependent on others' approval.	Others feel pressured to constantly validate me.
Over-Control	I micromanage situations to reduce uncertainty and anxiety.	I feel exhausted and overly responsible.	Others feel stifled and unable to contribute fully.
Procrastination	I avoid tasks that seem overwhelming or likely to fail.	I feel guilty and unproductive.	Others feel burdened by my avoidance of responsibility.
Over-Reliance on Authority	I depend on others to tell me what to do to feel secure.	I feel powerless and overly dependent.	Others feel pressured to take responsibility for me.
Avoidance	I avoid conflicts or difficult situations to maintain peace.	I feel disconnected and unresolved.	Others feel unacknowledged or frustrated by my avoidance.
Anxiety	I overthink and imagine worst-case scenarios.	I feel paralyzed and unable to enjoy life.	Others feel drained by my constant worry.
Hyper-Vigilance	I'm always on alert for potential problems or threats.	I feel exhausted and unable to relax.	Others feel tense and unable to fully connect with me.

Your Defenses:

[illegible]

