



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)
Impulsiveness	I make quick decisions without considering consequences.	I create chaos and regret impulsive choices.	Others feel frustrated or hurt by my unpredictability.
Avoidance	I distract myself to avoid uncomfortable emotions or situations.	I feel disconnected and overwhelmed by unresolved issues.	Others may feel I'm unavailable or dismissive.
Overindulgence	I overeat, overspend, or overcommit to avoid boredom or pain.	I feel out of control and dissatisfied.	Others may feel burdened or neglected.
Escapism	I pursue constant excitement to avoid confronting difficult emotions.	I feel ungrounded and disconnected from reality.	Others may feel I'm unreliable or superficial.
Difficulty committing	I avoid making decisions or sticking with plans.	I feel scattered and unfulfilled.	Others may feel frustrated or unsupported.
Superficial optimism	I downplay challenges to focus on the positive.	I avoid resolving deeper issues and feel disconnected.	Others may feel invalidated or dismissed.
Fear of limitation	I avoid situations where I might feel restricted or confined.	I miss opportunities for growth and connection.	Others may feel excluded or unimportant.
Minimizing pain	I ignore or downplay my emotions and challenges.	I feel unresolved pain and lack emotional growth.	Others may feel I'm distant or dismissive of their struggles.
Seeking distraction	I focus on external stimulation instead of my inner world.	I feel restless and disconnected from myself.	Others may feel neglected or unimportant in my life.

Your Defenses:

[illegible]

