



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)
Control	I try to control people and situations to avoid feeling vulnerable.	I feel exhausted and disconnected from others.	Others feel stifled and resentful of my behavior.
Dominance	I assert my opinions forcefully, shutting down other perspectives.	I feel isolated and misunderstood.	Others feel unheard or intimidated.
Avoiding Vulnerability	I suppress my emotions and refuse to show weakness.	I feel disconnected from myself and emotionally drained.	Others struggle to connect with me on a deeper level.
Anger	I react with frustration or aggression when I feel threatened.	I feel stressed and regret my outbursts.	Others feel hurt or frightened by my reactions.
Fear of Betrayal	I distrust others and expect them to let me down.	I feel constantly on edge and alone.	Others feel unwelcome or unfairly judged.
Impatience	I push others to meet my expectations quickly.	I feel stressed and frustrated when things don't go as planned.	Others feel rushed or inadequate around me.
Resisting Guidance	I reject advice or help, wanting to figure things out myself.	I feel overwhelmed and isolated.	Others feel rejected or undervalued for offering support.
Overworking	I push myself too hard to maintain control or prove my worth.	I feel burned out and disconnected from my needs.	Others feel neglected or unimportant in my life.
Fear of Dependence	I avoid asking for help, fearing it shows weakness.	I feel isolated and overwhelmed by challenges.	Others feel excluded or unable to connect with me.

Your Defenses:

[illegible]

