



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)
Avoiding Conflict	I avoid addressing issues or expressing my true feelings.	I feel disconnected and suppress resentment.	Others feel frustrated or unaware of my needs.
People-Pleasing	I go along with others' desires to maintain harmony.	I feel unimportant and lose touch with my own needs.	Others may unknowingly take advantage of me.
Procrastination	I delay taking action, hoping problems will resolve themselves.	I feel stuck and overwhelmed by unresolved issues.	Others feel burdened by my lack of engagement.
Passivity	I disengage from decisions and responsibilities.	I feel powerless and out of control of my life.	Others feel unsupported and confused about my intentions.
Denial	I ignore problems or pretend they don't exist.	I feel anxious and avoidant, unable to grow.	Others feel frustrated by my lack of awareness or action.
Over-Accommodating	I prioritize others' needs over my own to avoid conflict.	I feel unseen and undervalued.	Others rely too much on me without considering my needs.
Fear of Rejection	I avoid expressing myself to prevent being judged or rejected.	I feel isolated and unworthy.	Others don't get to know the real me.
Disengagement	I withdraw emotionally when situations feel overwhelming.	I feel disconnected and lonely.	Others feel unsupported or shut out.
Complacency	I accept situations as they are, even when they harm me.	I feel stuck and unmotivated.	Others feel let down by my lack of initiative.

[illegible]

