



# Type 1 Defense Form



Defense	Times Used
Anger Repression	
Black & White Thinking	
Denial of Imperfection	
Displacement	
Hypercriticism	
Idealism	
Impatience	
Intolerance	
Judgmental	
Moralism	
Over-Control	
Perfectionism	
Projection	
Resentment	
Rigidity	
Self-Criticism	
Self-Restraint	
Self-righteousness	
Suppression	
Unrealistic Expectations	
Virtuousness	



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