





Defense	Times Used
Approval-Seeking	
Avoid Failure	
Competition	
Deception	
Emotional Detachment	
Fear of failure	
Fear of Vulnerability	
Image-Consciousness	
Impatience	
Insecurity	
Manipulation	
Neglect Personal Needs	
Overachievement	
Overworking	
Perfectionism	
Persona Adoption	
Self-Promotion	
Ststus-Seeking	
Superficiality	
Vanity	
Workaholism	



Type 3 Defense Form

