



# Type 5 Defense Form



Defense	Times Used
Aloofness	
Avoiding Dependency	
Compartmentalization	
Concealment	
Disengagement	
Emotional Detachment	
Fear of Inadequacy	
Fear of Incompetence	
Hoarding Knowledge	
Hoarding of resources	
Intellectualizing	
Minimalism	
Neglect of Personal Needs	
Observational Detachment	
Overthinking	
Privacy Seeking	
Reduction of Needs	
Reticence	
Self-Isolation	
Self-Sufficiency	
Withdrawing	



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