



Type 7 Defense Form



Defense	Times Used
Avoidance	
Caught up in Intensity	
Denial	
Difficulty Committing	
Escapism	
Excessive Planning	
Excessive Planning	
Fantasy	
Fear of Limitations	
Frivolity	
Gluttony	
Idealization	
Impulsiveness	
Justification	
Minimizing pain	
Narcissism	
Overindulgence	
Rationalization	
Reframing	
Restlessness	
Scattered	
Seeking Distraction	
Self-Indulgence	
Superficial Optimism	



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