

Type 9 - DEFENSE USES



| Defense | Times Used |
|---------------------------|------------|
| Avoiding Conflict | |
| Deflection | |
| Denial | |
| Disengaged from the world | |
| Dissociation | |
| Emotional Numbing | |
| Forgetfulness | |
| Inertia | |
| Laziness | |
| Narcotization | |
| Numbing | |
| Over-Accommodating | |
| Passivity | |
| People-Pleasing | |
| Procrastinating | |
| Procrastination | |
| Repression | |
| Resignation | |
| Ruminating | |
| Self-Neglect | |
| Stubborn | |
| Withdrawal | |
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