

FEELINGS & DEFENSES

FEELINGS THAT EVOKE DEFENSES

FEAR
REJECTION
HURT
ANGER
LONELINESS
GUILT
SADNESS
BETRAYAL
SHAME
INADEQUACY
ANXIETY/WORRY

DEFENSES THAT PROTECT AGAINST FEELINGS & PREVENT OPEN, HONEST & DIRECT COMMUNICATION

RATIONALIZATION	Explanations or excuses for our actions, beliefs, desires, etc., usually without being aware that these are not the real motives.
DENYING	Refusing to accept existence, truth or validity.
BLAMING	Finding fault with someone.
MINIMIZING	Playing down or under estimating something.
JOKING	Doing or saying something to provoke laughter.
ANGER	An intense emotional state induced by displeasure.
INTELLECTUALIZING	Being guided by facts and intellect rather than emotions.
REGRESSING	Going backward to an earlier mental/behavioral level.
SARCASM	Using words of bitterness or ridicule to cause pain.
WITHDRAWING	Removing yourself from participation.

Think about the defenses you most often use. How does this affect the communication between you and your family?