

I Pretend Exercise

We consciously or unconsciously use our defensive behaviors to avoid the feelings that come up for us. They can function as masks or disguises that show others something different from how we're really feeling – in other words, we do a lot of pretending. What are the masks you wear?

Defensive Behaviors	What are you pretending?	What are you avoiding?
<div></div>	<div></div>	<div>Insignificant</div> <div>Abandoned</div> <div>Unworthy</div> <div>Worthless</div>
<div></div>	<div></div>	<div>Incompetent</div> <div>Humiliated</div> <div>Embarrassed</div> <div>Helpless</div>
<div></div>	<div></div>	<div>Powerless</div> <div>Disliked</div> <div>Rejected</div> <div>Unlovable</div>

Reflection:

Signs of Defensiveness

Put a checkmark in the column to the right of the top three to five defensive behaviors that you do most frequently. Put a star next to the behavior you find most difficult to deal with in others.

Sign	
1. Loss of humor	
2. Trivializing with humor (Laughing it off)	
3. A high charge of energy in the body (Flushed, shallow breathing, tight throat)	
4. Sudden drop in I.Q. ("I don't know; I'm so confused")	
5. Having to be right all the time	
6. Wanting the last word (Rise in volume of voice)	
7. Flooding others with information to prove a point	
8. Endless explaining, rationalizing or justifying	
9. Playing "poor me" (victim)	
10. Teaching, preaching or speech-making	
11. Blaming	
12. Denying	
13. Pretending	
14. Being too nice	
15. Poker face (masks)	
16. Sarcasm or cynicism	
17. Illness	
18. Withdrawal into deadly silence	

Sign	
19. The typology excuse ("That's my personality/ just how I am.")	
20. Terminal uniqueness ("I'm different from everyone else. You won't figure me out.")	
21. Rigidity	
22. Intellectualizing	
23. Criticizing/Making fun of others	
24. Anger/Attack/Shaming (The best defense is a good offense.)	
25. Holding a grudge	
26. Indignation (taking offense)	
27. Enlightened ("I'm aware of that; leave me alone")	
28. Selective deafness (Hearing only what you want to hear)	
29. Suddenly tired or sleepy	
30. Addictions (Shopping, busyness, sex, drugs, foods)	
31. Caretaking; rescuing	
32. Harried; too busy to	
33. Refusal to negotiate	
34. Speaking too fast	
35. Magnifying or minimizing everything	
36. All or nothing thinking	