

Road to Freedom **Week 8 - Walls of Defense Inventory**

First Name and last initial: _____ Date: _____

Defense mechanisms are as numerous as the stars. Below is a checklist with some common defense mechanisms. Which ones have you seen yourself do? Check each one.

- Denial _____
- Justifying _____
- Blaming _____
- Passivity _____
- People Pleaser _____
- Attention Getter _____
- Aloofness _____
- Making excuses _____
- Avoiding Conflict _____

- Yelling _____
- Hiding _____
- Lying _____
- Humor _____
- Cussing _____
- Life of the Party _____
- Hitting/Fighting _____
- Staying busy _____
- Complaining _____

- Flattery _____
- Projecting _____
- Passive Aggression _____
- Self-medicating _____
- Detachment _____
- Repression _____
- Super-Achiever _____
- Self-Pity _____
- Thrill Seeking _____

- Changing Subjects _____
- Supression _____
- Temper Tantrums _____
- Anger _____
- Perfectionist _____
- Clowning _____
- Rescuer _____
- Silent Treatment _____
- Withdrawing _____