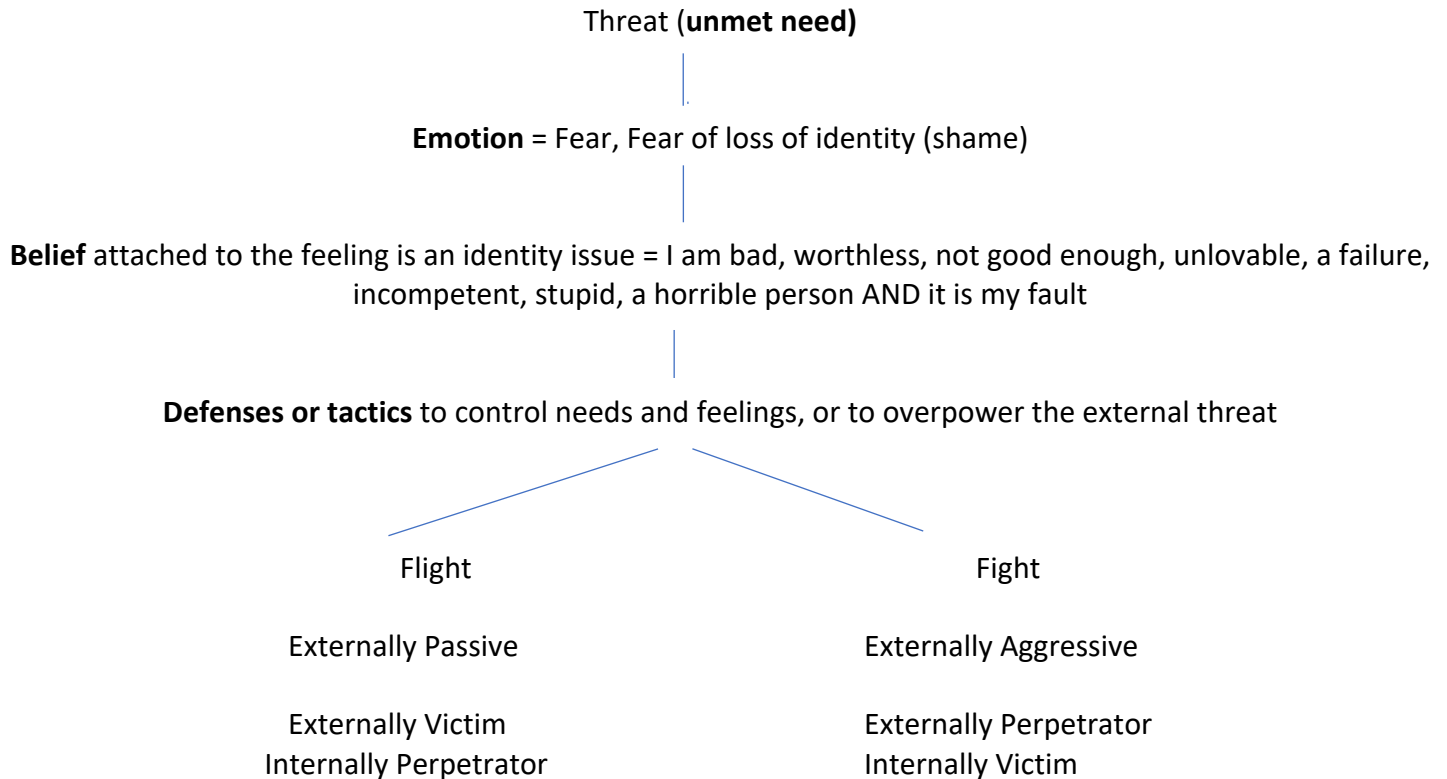


Defenses



We can add to this with Passive Aggressive Behaviors which is aggression done sneakily, as if it were not aggression – eg. guilt inducing behaviors, acting the martyr, saying you will do something and not doing it. Etc.

Experience provides the context for the nuance of belief and complexity of shame.

- I am stupid and can't do math has a limited and specific flavor, texture, vibration and frequency
- I am worthless and deserve to die has a more general as well as specific flavor, texture, vibration and frequency

In both cases the experience in the moment is a death experience of shame. And our worst fear is this experience of shame.

Our words convey the specificity of the experience.

Depending on the nuances of experience both external and internal we develop 10 000 ways of protecting ourselves from this "death" threat. They fall into the categories of Fight/Flight/Freeze broadly speaking.

Defenses of Power Over the perceived external threat are aggressively expressed and everyone of these defenses includes **blaming the external which is a projection** of the internal split and relationship with self.

- Splitting
- Abuse and Boundary Violations against someone else – emotional, intellectual, physical, sexual, spiritual and all occur on a continuum of severity

- Defiance and acting out in all the ways above
- Judgments and criticisms directed outwards, gossiping – projection
- Blaming
- Idealizing self and devaluing others through comparison
- All the -isms
- War
- Environmental destruction
- Attitudes of self-entitlement and grandiosity
- Rationalizations, Justifications, minimizing and denying responsibility

Defenses of Control of the inner emotional states of need and emotion are all perpetrations against self, and indirectly perpetrations against others. They include:

- Splitting
- Repression and regression
- Suppression
- Denial
- Dissociation
- Fantasies of being rescued, saved, unlimited wealth, power, ideal love...
- Addictions to work, wealth, alcohol, food, sex, shopping – everything that is indulged in to keep suffering hidden and denied
- Procrastinating
- Caretaking
- Enabling
- Fixing
- Rescuing
- Helping
- People Pleasing
- Perfectionism
- Attempts to be “Good, Right and Perfect”
- Compliance with the needs of others
- Devaluing self and idealizing others
- Hypochondriasis, somatization and conversion
- Acting the victim in every way
- Undoing

All of the beliefs and ego defenses/behaviors emanating from unaware fear are what we call our personality.