

HOLDING

Defend

"I didn't do anything wrong!"

Explain

"I'm right, because..."

Resist

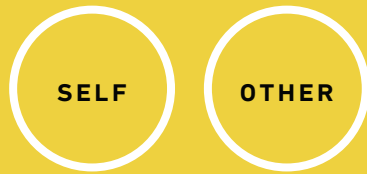
(Closed to changing our mind)

Negate

"Yes, but," "No," "I disagree," etc...

Suppress

(Silently withhold emotion)



DISTANCING

Analyze

(Retreat into our head)

Blame

"It's your fault, not mine!"

Separate

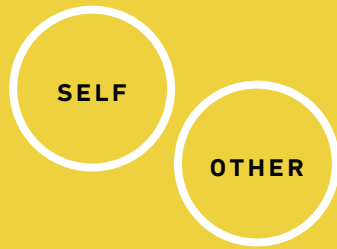
'You're emotional, I'm logical!'

Shut out

(Display brusque tone or attitude)

Objectify

(See others as means/obstacles)



ELEVATING

Compete

"You had a bad day? Mine was worse!"

Contemn

'What an bigoted idiot.'

Judge

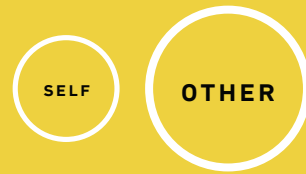
'What you did was selfish and wrong!'

Rescue

'I should save that persom from harm.'

Control

(Demand what should be done and how.)



WITHDRAWING

Avoid

(Avoid Confrontation)

Numb

(Drink, Binge Netflix,..)

Ignore

'It's nothing.'

Procrastinate

'I'll do it later.'

Stonewall

(Tune out from the situation)



DIMINISHING

Subserve

'I'll do what you please.'

Self-Flagellate

'It's all *my* fault.'

Self-Victimize

'They have *all* the power. I have *none*.'

Self-Judge

'I'm not good enough.'

Self-Trivialize

'I'm *just* an employee.'