

REPLACING OLD WAYS OF SELF-PROTECTION WITH MORE PRODUCTIVE METHODS

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We all learned very young to protect ourselves from feeling certain feelings- like inferiority (shame), hurt, sadness, jealousy, even exhilaration- that would get us into painful interactions with our caretakers. The irony is that as an adult, the more we use defensiveness to protect ourselves, the more conflict and pain- and therefore, the less protection- we actually have within our relationships.

In order to be our best selves, and to have the most fruitful relationships, we need to learn ways of caring for ourselves that do not hurt or abandon others in the process of attempting to care for ourselves. Use this sheet to understand your current less productive ways of soothing your feelings and to imagine other healthy possibilities. You can then discuss the possibilities with your therapist.

My Defensive (Self-Protective) Behavior is:	I learned to use this defense to help me avoid feeling:	Because if I felt_____ I would_____. If I felt_____it would mean that I was_____	What I learned about_____feeling is: In my family this feeling was handled by my father by_____and by my mother by _____	Other ways I could learn to deal with this feeling are:

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Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com