

Differentiation Exercise: Identifying Defenses

What are some ways you adapted to your early environment and to your relationship with your parents that helped you as a child, but that now limit you in your adult life? For example, children with intrusive parents may learn to shut down and keep their feelings to themselves. While this defensive adaption worked well for them in childhood, shutting down or hiding their feelings in an intimate relationship may not work so well.

Are there aspects of yourself that still remain in a childhood state? How are these childish aspects of yourself still ruling your life today?

What are some things you could do and/or behaviors you could change to differentiate from the childhood defenses and adaptations that hold you back in your life today?
