Examining Defenses in Relationships

In your journal:

1. Write examples of times you've reacted defensively in your romantic relationships. Think about times you may have lashed out, played the victim, withheld from your partner, withdrawn into fantasy, and/or become critical of your partner or yourself.

2. Write examples of when your partner has reacted to you in these ways.

3. Think about the sensations, images, feelings and thoughts that came up in those moments. Was there anything that you were afraid of or anxious about at those times? Did they trigger anything from your past?