

DEFENSES

Synonyms: justification, rationalization, excuses

You tend to express your deeper emotions through action rather words.

Although you have well developed verbal skills, you use them more to entertain than to communicate how you feel. In fact, your constant need for activity serves to distract you from dealing with any negative emotions that come up.

Itsy bitsy things will set the man's defenses off. He is paranoid about something (everything?) and it would be quite an irrational paranoia.

When he feels threatened, he uses whatever defenses he can muster, rationalizing his actions and finding all sorts of intellectual explanations for his behavior.

He just can't stand to be wrong. He quickly gets defensive when he thinks someone is being critical of him, either in personal or a career matters.

An inability to face problems squarely has this writer maneuvering defensively in order to maintain status.

Restrictions in progressive thinking could limit her ability to feel at ease in new and risk-taking situations.