**EGO–DEFENSE MECHANISMS**

Angry/Reactive

Go into “Fix-it-mode”

Avoid/Shut down/Go silent/Isolate

Denial

Blame

Accusatory—”You always . . . You never . . .”

Self-Justification/Excuse-making/ Rationalization

Keeping Score

Passive–Aggressive

Sarcasm

Catastrophizing

Manipulation

Pride: I’m Right–You’re Wrong

Resentment

Impatience

Criticism

Insecurity/Self-pity/Self-Condemnation

Laziness/Apathy/Procrastination

All-or-Nothing/Perfectionism

Dishonesty

Vulgarity/Profanity

Secrecy