

RESISTING

Defend

"I didn't do anything wrong!"

Explain

"I'm right, because..."

Hold on

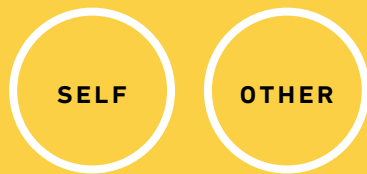
(Closed to changing our mind)

Negate

"Yes, but," "No," "I disagree," etc...

Suppress

(Silently withhold emotion)



DISTANCING

Analyze

(Retreat into our head)

Blame

"It's your fault!"

Separate

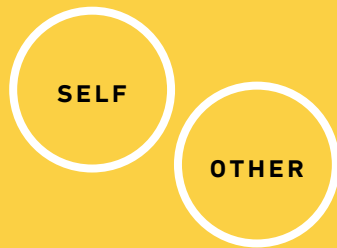
'She's a feeler. I'm a thinker.'

Shut out

(Display brusque tone or attitude)

Objectify

'How can I *make / change* them...?'



ELEVATING

Compete

"Your day was bad? Mine was worse!"

Contemn

'What an idiot.'

Judge

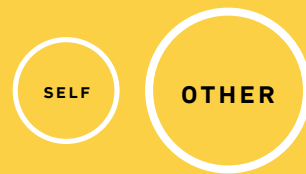
'He's so selfish.'

Pity

"It must suck to be you."

Preach

"You should...!"



WITHDRAWING

Avoid

(Avoid)

Distract

(Check cellphone)

Ignore

'It's probably nothing.'

Procrastinate

'I'll talk with him later.'

Stonewall

(Tune out from the situation)



DIMINISHING

Abdicate

'There's *nothing* I can do or offer.'

Martyrdom

'It's all *my* fault.'

Self-Victimize

'They have it *all* and I have *none*.'

Self-Judge

'I'm not good enough.'

Self-Trivialize

'I'm *just* an employee.'