

## INTRINSIC RESOURCES & DEFENSE RESPONSES

Body Center 8, 9, 1	Heart Center 2, 3, 4	Head Center 5, 6, 7
<b>~Intrinsic Resources:</b>		
<b>Grounded presence</b> is the sense of feeling supported, vital and flowing life force.	<b>Open heartedness</b> is feeling connected, caring, warmth and loving-kindness.	<b>Open mindedness</b> is the receptive, open, creative and clear mind.
<b>~Defense Responses:</b>		
<b>Fight</b>	<b>Freeze</b>	<b>Flight</b>
Anger means we really care. Drop into your belly and discover compassion. Anger cuts through confusion and brings back clarity.	Our heart collapses/freezes so we can be invisible & not available. We panic at loss of contact with other(s). Our deepest hurts and separation from divine are in our heart. <b>An undefended heart requires physical grounding.</b>	We are fearful of feeling our fear so we flee into head. We are not in touch with our body. Head center controls beliefs. When Heart feels safe, Head can let go and let Heart lead.
Move. Walk. Play.	Seek out.	Cultivate curiosity.
<b>Practice:</b> think about anger in belly, stomp feet, yell “No!, Stop!,” push wall. Body fatigues & relaxes.	<b>Practice:</b> breathe into pain, squeeze every muscle, relax and let go.	<b>Practice:</b> breathe into fear, walk away, run away. When you can’t run, you get stuck.

### Repeating Questions (3 minutes each)

1. Tell me a way your [body center] [head center] [heart center] becomes reactive in relationships. Thank you.
2. What is [grounded presence] [open heartedness] [open mindedness] to you? Thank you.

### Defense Patterns

	Type	Idealization / Illusory Belief: I am...	I use the defense mechanism of...	...to avoid... (the opposite)
8	Protector, Leader	Strong, powerful	Denial (fail to recognize)	Vulnerable, weak
9	Mediator	Peaceful, harmonious	Narcotization	Contentious, separate
1	Perfectionist, Reformer	Right	Reaction formation (exaggerate opposite; overcompensate)	Imperfect, wrong
2	Giver, Helper	Helpful to others	Repression (inhibit or exclude)	Rejection of own needs
3	Performer, Achiever	Successful, capable	Identification (similar to introjection but less intense; unconscious modeling of oneself upon another)	Failure
4	Romantic, Individualist	Special, unique	Introjection*	Mundane, inadequate
5	Observer, Thinker	Knowledgeable	Detachment	Incompetent, stupid
6	Loyal Skeptic, Trooper	Loyal	Projection (onto others)	faithless, unpredictable
7	Epicure, Enthusiast	Ok	Rationalization	Limitation, suffering

\* The process of assimilation of the picture of an object, as the individual conceives the object to be. For example, when a person becomes depressed due to the loss of a loved one, his feelings are directed to the mental image he possesses of the loved one.