

Client Worksheet: Defense Set Questionnaire

Complete the questionnaire and total your score in each section.

Blocked Defense

1. You unconsciously try to get others to define your ideas.
Often Seldom Never
2. Give push-pull signals (I love you – I hate you.)
Often Seldom Never
3. Inability to tell difference between yourself and others.
Often Seldom Never
4. Like to engage in serious, heavy conversations.
Often Seldom Never
5. Sense of inertia and humiliation in the air, a sense that you are controlling others and that they can do nothing without you.
Often Seldom Never
6. Reject everything suggested by others.
Often Seldom Never
7. Head forward, heavy build, compressed body tension, cold buttocks.
Often Seldom Never
8. Hyperactive, internalized energy, boiling inside.
Often Seldom Never
9. Silent brooder.
Often Seldom Never
10. Likes to tease others.
Often Seldom Never
11. Use whining language, indirect manipulating using polite expressions.
Often Seldom Never
12. Hold in feelings and creativity.
Often Seldom Never

BLOCKED DEFENSE TOTAL : Often ____ Seldom ____ Never ____

Avoidance Defense

1. Emotionally remove yourself completely from conversation.
Often Seldom Never
2. Can handle anything, everything is for appearance sake.
Often Seldom Never
3. Nothing is ever wrong or you can fix it appropriately.
Often Seldom Never
4. Everything is "perfectly reasonable" and appropriate.
Often Seldom Never
5. You hold back feelings and actions in order not to look foolish.
Often Seldom Never
6. You tend to be worldly, lots of ambition and competitive.
Often Seldom Never
7. You remain uncommitted by communicating with qualifiers.
Often Seldom Never
8. Use seductive language, competitive ("Good idea. Let's do it this (your) way").
Often Seldom Never
9. Evoke competition with others, strong ego, have to be one-up.
Often Seldom Never
10. Have sex without love.
Often Seldom Never

AVOIDANCE DEFENSE TOTAL: Often ____ Seldom ____ Never ____

Split Defense

1. Body feels weak, sensitive body often with twisted spine and body stance.
Often Seldom Never
2. You experience all time as now, unaware of linear time.
Often Seldom Never
3. Your eyes are vacant; you are not in your body.
Often Seldom Never
4. You can feel fear all around you.
Often Seldom Never
5. You seem to be not paying attention (spacey).
Often Seldom Never
6. Not feeling present in your 3rd (above the navel) and 4th (center of the heart) chakras, don't know how to connect them, energy leaks at the joints of aura (usually near skull).
Often Seldom Never
7. You feel separate.
Often Seldom Never
8. You feel uncoordinated, weak joints, and ringing in ears.
Often Seldom Never
9. You experience cold hands and feet, cut off from your unique point in the center of the Earth.
Often Seldom Never
10. You are hyperactive, ungrounded, with a frozen core.
Often Seldom Never
11. You evoke intellectualization.
Often Seldom Never
12. You communicate in absolutes, depersonalized language.
Often Seldom Never

SPLIT DEFENSE TOTAL: Often ____ Seldom ____ Never ____

External Defense

1. Look at others with a sense of longing, draw energy in through the eyes, often while blinking.
Often Seldom Never
2. Like to indulge in long boring conversations.
Often Seldom Never
3. You speak too softly to be heard, make others come to you with your soft talk, acting shy.
Often Seldom Never
4. You evoke mothering; gladly sucking in all the advice you get and ask for more, communicating in questions, indirect language.
Often Seldom Never
5. You are focused on getting filled from the outside.
Often Seldom Never
6. You experience weak chakras and fields, dependent on other's fields or energy.
Often Seldom Never
7. You act helpless - want others to do things for you or take care of you in ways that are not normal for an adult.
Often Seldom Never
8. You have to maintain eye contact - pleading eyes.
Often Seldom Never
9. Your body is thin, collapsed chest, smooth muscles held tight.
Often Seldom Never
10. You experience verbal denial and hysteria (panic attacks).
Often Seldom Never
11. Hyperactive or low energy.
Often Seldom Never

EXTERNAL DEFENSE TOTAL: Often ____ Seldom ____ Never ____

Displaced Defense Profile

1. You have an aggressive nature, second chakra undercharged.
Often Seldom Never
2. Your heart and sexuality fail to work together.
Often Seldom Never
3. You set others up for betrayal.
Often Seldom Never
4. Like to pick fights with others and prove them wrong (and bad).
Often Seldom Never
5. Take on more than you can handle, give up your personal needs, then find some betrayal that makes you collapse.
Often Seldom Never
6. Like to work long hours, take on more responsibility than is healthy.
Often Seldom Never
7. May have back or joint problems.
Often Seldom Never
8. Never enough time to do it all.
Often Seldom Never
9. You live in a future that never comes.
Often Seldom Never
10. You have no problems (if you did you would be bad or (evil).
Often Seldom Never
11. You experience feelings of defeat.
Often Seldom Never
12. Your chest is inflated, top heavy, cold legs and pelvis.
Often Seldom Never
13. You experience hyperactivity followed by collapse.
Often Seldom Never
14. You evoke submission, exert control, and communicate in dictates, direct language (“you should”).
Often Seldom Never

DISPLACED DEFENSE TOTAL Often ____ Seldom ____ Never ____

Tough Defense

1. You exhibit a condescending or arrogant attitude.
Often Seldom Never
2. Your third chakra is undercharged.
Often Seldom Never
3. You feel disconnected.
Often Seldom Never
4. You have all the answers.
Often Seldom Never
5. Experience problems with authority.
Often Seldom Never
6. You demand to know why you should do anything.
Often Seldom Never
7. You say, "I'm OK, leave me alone!" "I don't need this."
Often Seldom Never
8. You have to be in charge.
Often Seldom Never
9. No problems, Know it All.
Often Seldom Never
10. Blaming and fault finding.
Often Seldom Never
11. Feeling forced.
Often Seldom Never

TOUGH Defense Total Often ____ Seldom ____ Never ____

Compare the totals of each defense set and the one that has the highest score in the "often" category is your primary defense set. Identify a time recently when the client experienced this defense. In a future coaching session complete the Timeline exercise to take the client to the very first time they experienced this defense. Have the client take the most often experienced defense set and complete all the questions on the pattern cycle worksheet. Complete a pattern interrupt for your new plan of action.