

Four Horsemen Defensiveness

Defensiveness Explained

Defensiveness: When someone feels under attack, they sometimes get defensive. It is self-protective.

Defensiveness is an attempt to protect yourself; to defend your innocence or to ward off a perceived attack. It can be done by:

- Righteous indignation *"I can't believe you'd say that!"*
- Counter-attacking, *"ME? What about YOU!"*
- Whining (innocent victim stance). e.g. *"I never get to rest!"*
- Defending your innocence. *"I didn't do that!"*



Defensive: "Why do you always complain when I leave a mess in the kitchen?!"

Taking Responsibility: "Those are my dishes, and I'd sorry I left them."

The antidote for this one is really taking some responsibility for even a little piece of the problem.