

## THE PERSONAL DEFENCE PROFILE TEST

The following test helps to determine what your preferred defence mechanism is. Everyone of us engages in all five defences, but there is a difference in the frequency with which we tend to employ either one or the other defence mechanism. The following test can help you take a closer look at your defences so you can learn what your specific defence profile is.

On a scale of 1 to 10, rate the degree to which you think each statement describes you.

1 indicates not at all, 10 indicates completely (if you want you can write down the numbers that apply to you in the boxes).

Some statements are made up of two parts. In that case be sure to rate the degree to which the entire statement applies to you. If one part does apply while the other doesn't, then the entire statement doesn't really apply.

In your own interests, be as honest as you can.

Remember you don't have to talk to anyone else about your answers; you don't even have to tell anyone about it. It is difficult to be honest about defences because they are not our most flattering side. So search deep inside yourself for the true answer, even when you would rather not admit it, even to yourself. Remember you are now taking important steps for your own good. If you nevertheless find that you have an irresistible urge to make your score look (just a little bit) better than is justified, remember that this signifies a defence at work

1. I often find myself trying to accomplish things that somehow don't seem to succeed. [ ]
2. My friends describe me as a nervous type of person, afraid of making friends. [ ]
3. In the beginning stage of the projects I think up, I usually get a lot of energy. It can feel as if my life has a purpose again. [ ]
4. I feel a strong need for closeness in my relationships. [ ]
5. I need a lot of attention from my partner in regard to my emotional life. [ ]
6. My colleagues know they can always count on me. If they need help with anything at all, I'll be there to do it for them unless I am out of my depth [ ]
7. I get really tense about being able to perform well enough. [ ]
8. No matter how often I fail, I don't give up easily. I usually feel it's worth it to give something another try. [ ]
9. I usually feel I can still do better. I consider myself to be a perfectionist. [ ]
10. It isn't very difficult for me to admit to and feel emotional pain [ ]

11. A lot of people cannot be trusted.
12. My friends tell me I impress them, sometimes even intimidate them
13. I usually feel I'm controlling the situation
14. Sometimes it can give me a good feeling to tell people 'the truth', even in an angry way
15. If my partner doesn't live up to our agreements I will certainly confront him/her
16. I take on a lot of responsibility, but I really dislike it when others don't take theirs. I resent having to help them out because they screwed up
17. I generally feel quite a bit more competent than others.
18. I get irritated easily when people screw up.
19. People tell me that I can give them the feeling of being treated like a child.
20. I don't feel many unpleasant emotions. Just anger and irritation on a regular basis.
21. Even though I haven't accomplished much, I do feel successful in life.
22. Everybody likes me, but I also hear quite often that they have a feeling that they don't really know me.
23. My life is usually fine. Not great, but OK.
24. I prefer spending time by myself.
25. I don't seem to have much need for intense emotional stuff, I would rather be doing things.
26. I help others out when they ask me, I don't feel take advantage of easily
27. I don't get upset easily. I'm usually even-tempered.
28. I don't need much.
29. I don't have (m)any close friends.
30. It is hard for me to get in touch with my feelings, I usually feel just OK.
31. I usually feel inferior.
32. Deep down I have this feeling that I'm just a bad person.
33. No matter how successful I am, I still basically feel worthless
34. I often feel weighed down by the sense that I am carrying too much responsibility.
35. To be honest I always feel that when people get to know me, they won't like me. I'm always surprised to find out that they do like me

36. Somehow I don't feel (worthy to be) loved, not really.
37. I have a lot of anxiety and fear inside me.
38. I'm afraid that if I go into therapy the therapist will find out that
39. I'm basically no good as a person and let me know.
40. I often feel that when things go wrong it is my fault.
41. No matter how hard I try, it will just never be good enough.
42. I am afraid of speaking in front of a group.
43. I am hesitant to travel by myself.
44. Sometimes I have sudden heart palpitations.
45. I often experience cold sweats.
46. I quite easily back off when confronted with loud and assertive people. They intimidate me.
47. I have a phobia.
48. I sometimes suffer from panic attacks.
49. I quite often experience trembling sensations.
50. My breathing easily gets out of control.
51. I often experience diarrhoea.

Before you add your score, make an educated guess at which defence you think you will score highest on, and which one will be second highest, etc. You can note this here:

- 1.
- 2.
- 3.
- 4.
- 5.

## ANSWERS

Next add up your scores for statements 1-10, then 11-20, then 21-30, then 31-40, and 41-50, and divide each score by 10. The highest score will show you the defence you most typically engage in, the lowest one indicates the defence you engage in least, etc. The first 10 questions relate to False Hope, the next 10 to False Power, the next 10 to Denial of Needs, the next 10 to Primary Defence and the last 10 to Fear.

Keep observing yourself. You are now aware of your specific defence profile. The absolute score tells you something about your level of defensiveness: are you very well defended in general (scores 7,8,9,10) or are you well on your way to relinquishing your defences (scores 1,2,3,4)? The higher your scores, the



more often you feel a need to defend yourself. This means that there are still many things that are symbolic for you. Many different situations or people will make you shift consciousness from Adult Consciousness to your defences, resulting in your being in a defence a lot of the time. In this case, beware of what you think is true about others, yourself, what you need and what is important. After all, when we are defending against the old pain we cannot trust our perceptions to be an accurate representation of the present.

In order to evaluate the progress you are making in your PRI process, redo this test every once in a while and compare your results.

NB If at the beginning of the program you find that you have a low score on all five defences (lower than 4) remember that this signals that your Denial of Needs defence is working overtime!

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