



FIGHTER



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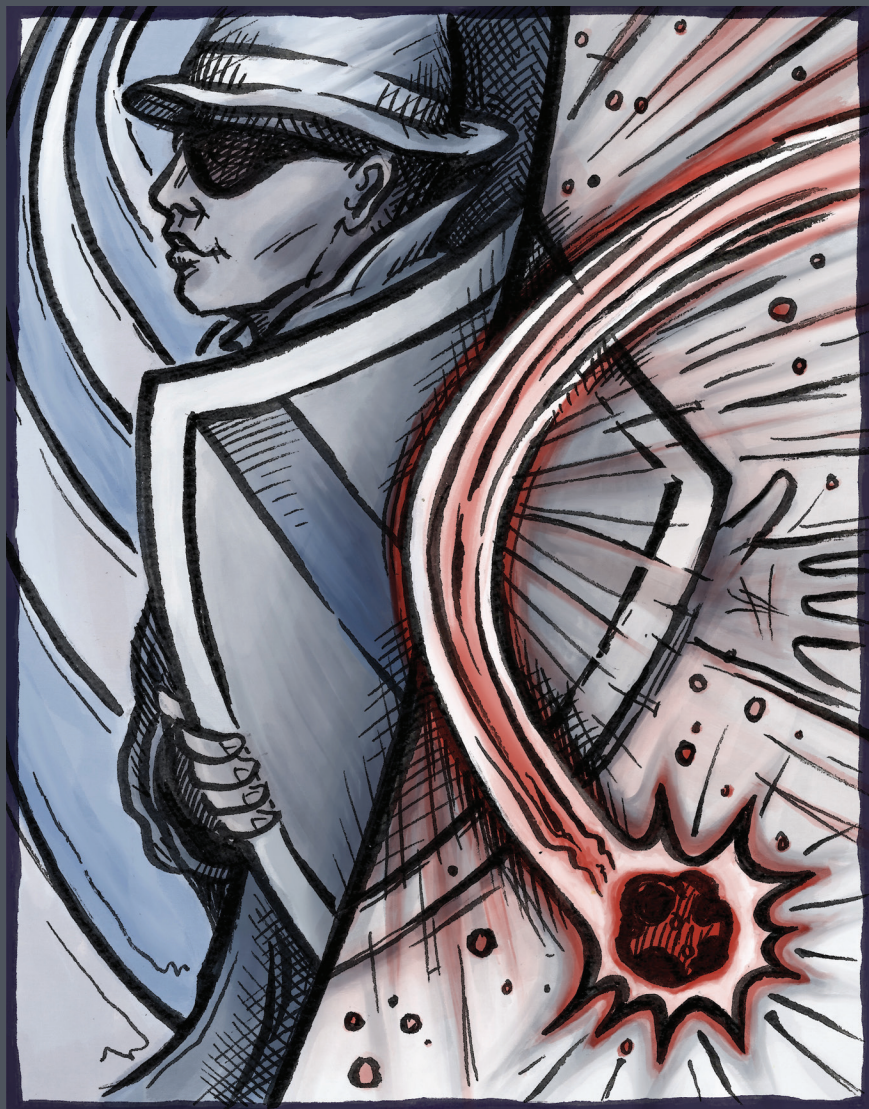
I feel disappointed,
frustrated, or think things
are unfair. I fight with
another person.

I often break relationship
rules. No one wins in the
long run, but I feel victory
in the short term.

"I was right."

*"You hurt me, so I am
going to hurt you."*

*"You need to be told
why you are wrong."*



DEFLECTOR



DEFLECTOR

I am not willing
or not able to
acknowledge
my part or role
in the situation.

I blame others
for the situation
and my behavior.



INSULATOR

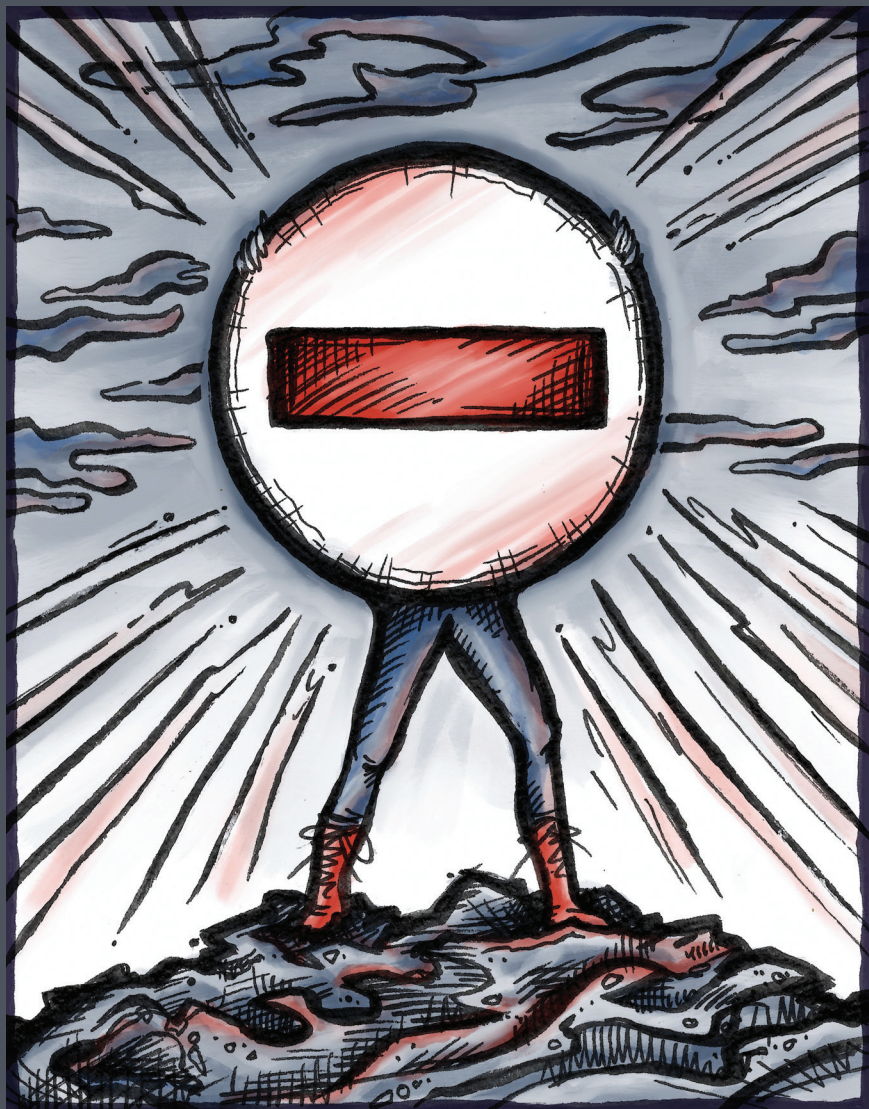


INSULATOR

**I do not want your help
or anyone's help. I do
not want to hear any
constructive feedback
or listen to what
you have to say
if it involves
anything about me
or my behavior.**

**I am emotionally
overwhelmed, and
I want you to go away.**

"Leave me alone!"



NO WAY



NO WAY

I am *not* going to
do what you say.

I quickly reject your
direction, question,
or request.

"No!"



GRUMPMEISTER



GRUMPMEISTER

I am irritated,
impatient,
and annoyed.

I pick on others
and find fault
in them when
I am like this.



ONE-WAY STREET



ONE-WAY STREET

I see things one way
or only the way
I think they should be.

It is difficult to move
from this "lane"
or way of thinking.



DEFENSES



DEFENSES

I spew *wounding words*.
These words are often
personal and hurtful.
They may make the other
person feel bad,
or as bad as I do.

I *strike* by doing or saying
something that will be hurtful
to the person who has
upset or angered me.

My negative defenses get
bigger in the *Inflator* state.
Whatever I perceive was
done to me, I am going to
do it back bigger or harder.

When I am the *Bombarder*,
I overwhelm the situation
with yelling or anger
to prove that I am right.
It is difficult to rationalize
in this state.