

D-FENCES

DENY

- **Defend**

I will put my defensive walls up when I feel threatened

- **Deceive**

I will lie to get out of trouble, twist the truth, rewrite history until I actually believe it myself

- **Dissemble**

I will pretend I don't care, that it doesn't matter to me

- **Distort**

I will intellectualise, play psychological games, to make you back down

- **Duck and Dive**

I will use any tactic not to face the issue

- **Disarm**

I will use my charms to fend off any perceived attack from you

- **Dissolve**

I will regress to a child place, burst into tears and claim I can't cope with this

DISPLACE

- **Distract/Deflect**

I will try and change the subject, make light of it, use humour

- **Distance**

I will withdraw, bodily and emotionally from you and not face the conflict

- **Divide**

I will split, repressing and suppressing what causes me pain, and saying 'It wasn't me'

- **Dis-associate**

I will claim it's not my problem, it has nothing to do with me

- **Dissociate**

I will go somewhere else in my head when I feel threatened – 'this isn't happening (to me)'

- **Disappear**

I will remove myself totally from the situation, leave the relationship/group

- **Drug**

I will drink, eat, take drugs rather than face this

DEFY

- **Diss...**

- **Dispute**

I will argue vigorously that you are wrong

- **Disparage**

I will rubbish you as a person

- **Decry**

I will express outrage that you could think that of me, list your faults and blame others

- **Denigrate/Denounce**

I will talk to others about you in a negative way

- **Dismiss**

I will claim that what you say is ridiculous

- **Destroy**

I will win by destroying you

Deal: *I will address the issues from an adult place and work through maturely and non-defensively*



The Caring Confrontation Contract (David Augsburger: *Caring Enough to Confront*)

- I want to get our relationship right...
- I want to give you a chance to express your side...
- I want to give you the freedom to express your real feelings...
- I'll try my best to understand your viewpoint (put myself in your shoes...)
- I'll try not to manipulate you, pressure you or distort the differences between us...
- I'll try to stay with the discussion until we've worked things through to a place of mutual understanding...
- ... but there are some deep issues between us...
- ... but I also want you to hear my side clearly...
- ... and I want you to allow me to express mine...
- ... and I want you to try and understand my viewpoint...
- ... and I want your clear, unpressured, honest view of our differences...
- ... and I want you to keep working with me until we reach this place...