

Defensive Strategies of Men and Women in Codependent/ Misogynist Relationships

Both Persons	Man	Woman
<p>Perfectionism: Never feeling that anything is good enough. Always comparing oneself to others. Only feeling valued for performance causes one to project a rigid, controlled image. Others hesitate to get close.</p>	<p>Striving for power and control: becomes a way to be sure that no one shames or abandons him.</p> <p>Rage: keeps others, especially his wife, from getting too close.</p> <p>Blame and criticism: transfers his shame to his partner.</p> <p>Arrogance: helps him forget his shame. He alters his moods by exaggeration.</p> <p>Judgmentalism and moralizing: A way to win and control others. Especially in the spiritual area. "I" have the correct theology, interpretation, etc.</p> <p>Contempt: utter rejection of other's beliefs and personhood.</p> <p>Patronizing: lets him feel a sense of superiority.</p>	<p>Caretaking/ helping: focuses on other's needs. She can ignore her own pain.</p> <p>People-pleasing: her goal is to get others to like or accept her.</p> <p>Being nice: a way to manipulate others, avoid shame, and avoid real intimacy.</p> <p>Envy: discomfort at others' good fortune, feeds self-pity, focuses on them, not on her own situation.</p> <p>Taking the blame: keeps her busy feeling guilty so she can continue to shame herself.</p>