

YOUR COACHING MATTERS



"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth

Monkey Mind Symptom #4

Defensive:

"Whaddya mean by that?" One definition of defensive is to protect someone or something from attack. Another explains that someone on the defensive is concerned with justifying their actions or words. If you know that to defend is *to protect*, you have an idea what defensive means. When a person is acting defensive, they're trying to protect or justify themselves. So notice that inherent in the symptom of defensive is the assumption that we're being attacked.

Monkey Mind Symptoms

Fragmentation
Being Paranoid
Scarcity Thoughts
Either/or Thinking
Qualifying Statements
Complaining/Petulance
Being a Victim or Martyr
Taking Things Personally
Talking of The Past or Future as if it is the Present



Excuses
Defensive
Deflection
Solidifying
Bargaining
Resignation
Comparison
Being Vague
Justification
Impulsiveness
Rationalization



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