

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

List of Common Defensive Maneuvers

Deny responsibility:	You take this approach when you know it wasn't you fault: "I never said I would." "I didn't do anything wrong." "I can only do so much." "That's not my job."
Making excuses:	You do this because there is a good reason why you did (or didn't do) whatever is called into question. "There was bad traffic." "I couldn't because my boss called and it took a while."
Disagreeing with negative mind-reading:	This is when your partner makes unflattering and just plain wrong assumptions about your feelings or motives. You argue with exasperation or respond with a lack of generosity/reassurance.
Cross-complaining:	This is when your partner does something just as bad as what you feel accused of. When they say: "I wish you would have done the dishes like you said you would," you say, "Well, I wish you would not leave your clothes on the floor."
Rubber Man/Rubber Woman:	Taken from the expression "I'm rubber, you're glue..." this is when your partner does the exact same thing they are accusing you of! When they say, "You didn't call and I worried about you." You say, "Well, how about when you drive like a maniac; is that any different?" This is turning the tables.
"Yes, but"-ing:	This approach gets used when you know they are right, but you have a morally justifiable reason that outweighs your transgression. "Yes, I know I didn't pay that bill, but I was waiting for you to make a deposit."
Repeating yourself:	You do this because if they would just hear you, they will be convinced of your point. You keep rephrasing your point of view, perhaps more loudly each time, not really responding to what they are saying.
Whining:	This is self-explanatory. But you can also whine without the sound, by acting like the victim and feeling sorry for yourself, "Why are you picking on me!?"
Body language:	This is for when you are above verbal defenses. You keep your arms folded across the chest, give a false smile, or shift your body from side to side. Women, you touch your neck.