

# Automatic Defense System Questions

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**These questions are designed to help you sort through what pushes your buttons and why.**

1. What are the **topics** that repeatedly get you going? List 3.
2. What **tone** seems to set you off?
3. Is there a **time of day** that is harder for you to remain non-defensive?
4. What are your usual **reactions** when defensive?
5. What additional **hurdles** does your defensiveness cause to your relationship?
6. How could your spouse **approach** you differently?
7. What **changes** do you need to make to be less defensive?

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## Face a Recent Incident....Walk through your Reactions:

1. What happened on this recent incident that got you defensive?
2. How did it make you feel?
3. Why does that bother you? Refer to [What Triggers Your Defensiveness](#) for possible reasons.
4. How did you react?
5. Is this your typical reaction?
6. Is this the reaction that you want?
7. Share with your partner any new insights - especially why you get defensive.