







# Love and Walls. Why am I So Defensive in My Relationship?

Assume you are in a romantic relationship with someone you adore. However, there is one issue: you often become defensive. Why am I so defensive in my relationship? It might result in disputes, misunderstandings, and damaged feelings.

In relationships, defensiveness is a prevalent behavior. It is a defense mechanism against feeling criticized, injured, or threatened. However, defensiveness can sabotage relationships by obstructing communication and causing conflict.

In order to address the behavior and strengthen relationships, it is critical to understand why people become defensive. Insecurity, past experiences, and communication difficulties can all contribute to defensiveness.

This article starts a trip to explore why am I so defensive in my relationship and the secrets of defensiveness in a relationship. We will examine why it happens, how it affects our relationships, and, most importantly, how recognizing and dealing with it can lead to deeper, more healthy relationships.

It's not enough to keep relationships alive; we need to care for the roots that hold them together and ensure they grow strong and durable. Look behind the scenes and see how this often subtle behavior affects our relationships. With understanding and compassion, we can slowly break down these emotional walls.

## WHY AM I SO DEFENSIVE IN MY RELATIONSHIP PSYCHOLOGY

### Defining Defensiveness in Psychological Terms

We must look at the idea psychologically before understanding why we are so defensive in our relationships. Psychologists say that defensiveness is our natural response when we think there is a threat, even if it's just a thought-out criticism.

We wear it like emotional armor, a cover to protect our self-esteem, sense of who we are, and emotional health. But why do we feel the need to put on this armor? What can psychology teach us about this interesting behavior?

### Psychological Reasons Behind Defensive Behavior

Defensiveness has deep roots in our minds, and knowing those roots can help us figure out why we act defensively in the first place. Psychological factors, such as the need to defend oneself or emotional scars from the past, drive this behavior.

By exploring these underlying factors, we'll find out how our past, how we see the present, and our emotional reactions all affect each other, affecting our defensiveness.



### Cognitive and Emotional Aspects of Defensiveness

Defensiveness isn't just an automatic response; it's a mixed state of thoughts and feelings. We'll talk about thinking processes like cognitive dissonance and the need to protect our self-image that makes us act defensively.

