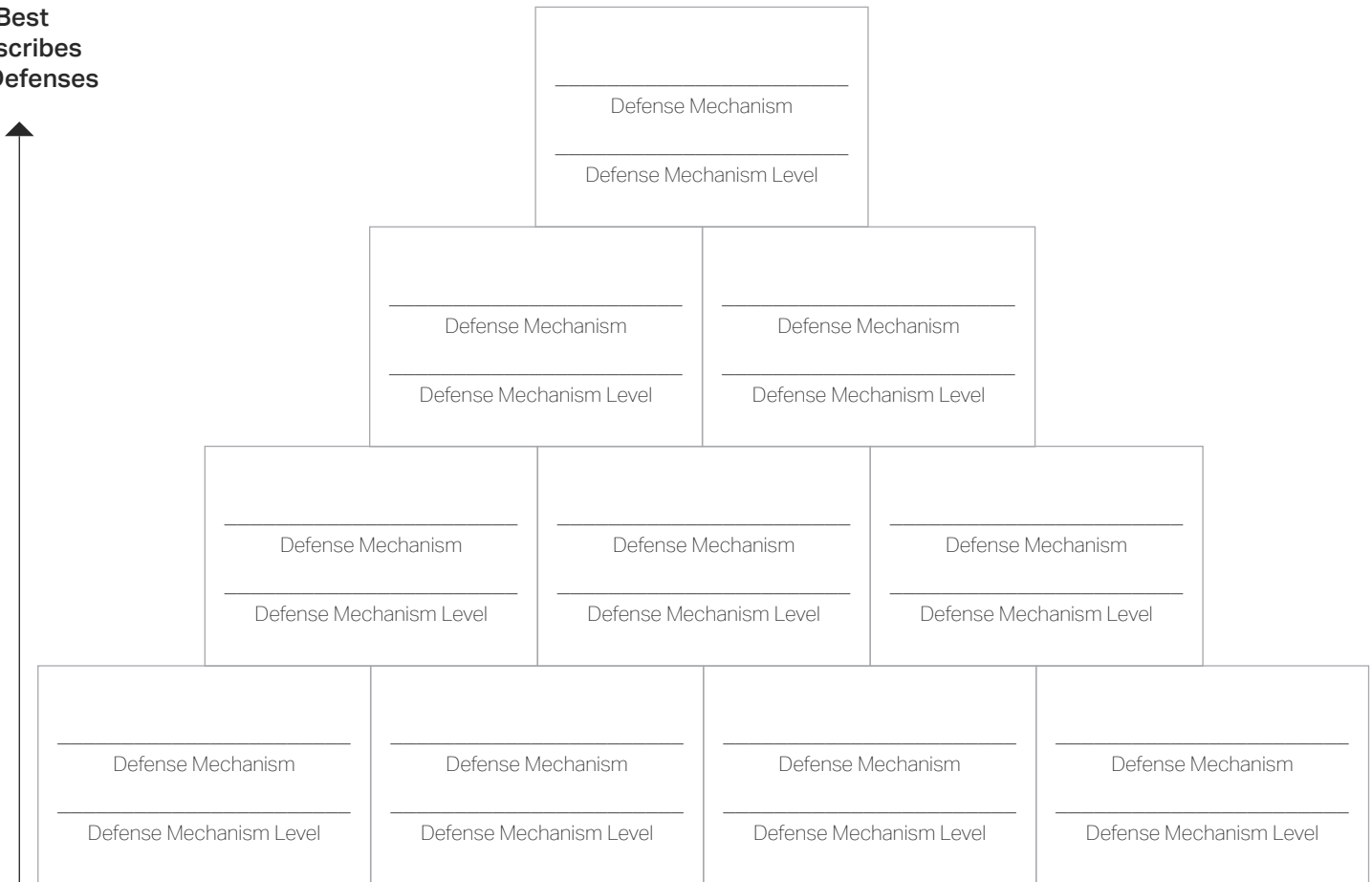


Activity 2: Identify My Defense Mechanisms in Stressful Situations

Visit R1LEARNING.COM to download printable Activity Worksheets.

Observe: Complete the pyramid below with up to 10 Sorting Cards you identified in the card activity.

Best
Describes
My Defenses



Questions to Explore

Evaluate:

1. As you think about what you've learned and this situation, which level of defense mechanisms did you use most frequently?
2. Which specific defense mechanism(s) did you use most frequently? How long have you used these defenses?
3. Which emotions were you trying to protect by distorting your reality with these defenses?

Evaluate (continued):

4. Which Defense Mechanism Levels were most and least represented in your cards? What about this pattern makes sense to you?

Respond:

5. What is one action you can take when you find yourself using these defenses? How can you use more mature mechanisms?
6. Who can you ask for help and support?