



### Activity 3: Practice Identifying Defense Mechanisms in Others

Visit [R1LEARNING.COM](http://R1LEARNING.COM) to download printable Activity Worksheets.

**Observe:** Complete the pyramid below with up to 6 Sorting Cards you identified in the card activity.



### Questions to Explore

**Evaluate:**

1. What did you learn about yourself and this person as you identified these defense mechanisms?

2. Select one defense mechanism from the pyramid and describe specifically what this person did that made you pick this card?

**Evaluate (continued):**

3. What emotions and feelings do you think this person is trying to protect? What person, place, thing, or situation did you hear is activating their emotions?

**Respond:**

4. How can you take what you've learned from this activity and apply it to your own situation? Who can you ask for help and support?