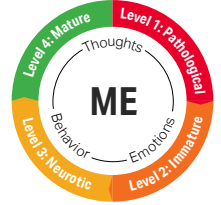




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## Activity 4: Explore the Defense Mechanisms Model

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As you think about your understanding of the Defense Mechanisms Model (4-Levels of Defenses), answer the questions to explore to the right.

**Defense Mechanisms**  
How do I protect my Self?  
**Vaillant's 4-Level Classification**

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**Defense Mechanisms**  
How do I protect my Self?  
**Vaillant's 4-Level Classification**

Healthier strategies that allow coping with stressful emotions without distorting reality

High	LEVEL 4 MATURE	Low
	LEVEL 3 NEUROTIC	
	LEVEL 2 IMMATURE	
Low	LEVEL 1 PATHOLOGICAL	High

Less healthy strategies that appear irrational and allow coping with stressful emotions through avoiding reality

## Questions to Explore

1. How does it help you to know that there is a model describing Defense Mechanisms?
2. What resonates most with you about the Defense Mechanisms Model given your own experience?
3. How does the Defense Mechanisms Model help you to see how you react to stressful or emotional situations?
4. How does the Defense Mechanisms Model provide insight regarding your own developmental maturity or how you distort your reality?