Defense Mechanisms

What's in the Deck

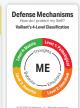
Discovery Cards Content Map

Overview Cards





15 Sorting Cards (mostly colored)









Activity Cards











Definition Cards

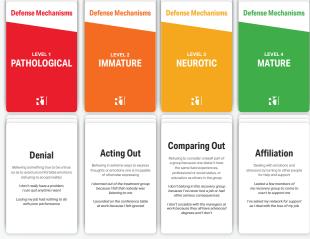








Sorting Cards



What's in the Deck

6

Overview Cards

Main Color: Box Color

- 1 Topic Description Card
- 1 Quick Start Card
- 1 Model Card
- 1 Expert Card
- 1 Topic Definition Card
- 1 R1 Card

5

Activity Cards

Main Color: Black

1 Activity 1: Identify My Defense Mechanisms

1 Activity 2: Identify My Defense Mechanisms

in Stressful Situations

1 Activity 3: Practice Identifying Defense Mechanisms in Others

1 ME Action Card

1Thoughts Emotions Behavior Card

4

Definition Cards

Main Color: White with Colored Tops

1 Level 1: Pathological (Red)

1 Level 2: Immature (Orange)

1 Level 3: Neurotic (Yellow)1 Level 4: Mature (Green)

45 Sorting Cards

Main Color: Mostly Color

3 Level 1: Pathological (Red)

18 Level 2: Immature (Orange)

16 Level 3: Neurotic (Yellow)

8 Level 4: Mature (Green)

60 TOTAL CARDS