

Defense Mechanisms

What's in the Deck

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Discovery Cards Content Map

Overview Cards



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

Activity Cards



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
- 1 Thoughts Emotions Behavior Card

Definition Cards



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)

Sorting Cards



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