



# Journal Response 1: Defense Mechanisms

What are defense mechanisms and why do we use them? Do you think they are important? Why? How can you know if a defense mechanism is positive or negative?

A large area of the page is filled with horizontal lines for writing. The lines are arranged in a standard notebook format, with a solid top line, a dashed midline, and a solid bottom line for each row. There are approximately 25 rows of these lines available for the student to write their response.