



Journal Response 10: Defense Mechanisms

What was a situation where you know you used a negative defense mechanism? How can you respond differently next time? What is a positive defense mechanism you will use instead?

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.