



Journal Response 5: Defense Mechanisms

What are some of feelings you feel when you are about to use a defense mechanism?
What are some things you can do to calm your feelings before using a defense mechanism?

A large area of the page is filled with horizontal lines for writing. The lines are arranged in a series of repeating sets, each consisting of a solid top line, a dashed middle line, and a solid bottom line, providing a guide for handwriting.