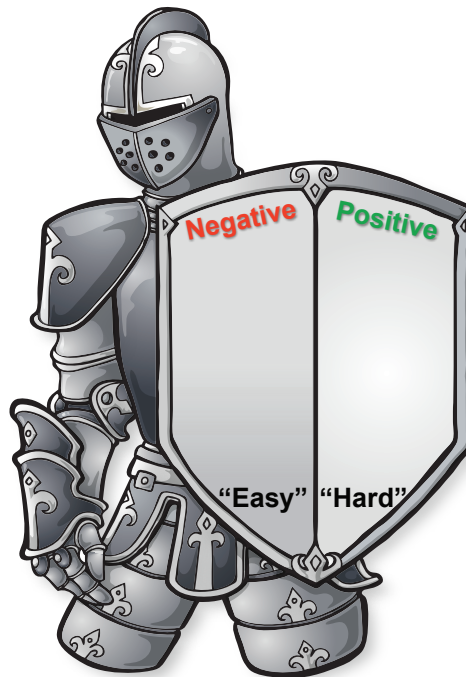


Defense Mechanisms



Am I in control of my defense mechanisms?

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Defense Mechanisms

You use defense mechanisms to protect yourself when you feel threatened. The problem is that some of your defense mechanisms are destructive, and instead of protecting you, they just get you into trouble. As you learn to recognize and control your own defense mechanisms, you will begin to recognize the defense mechanisms other people use. You will begin to understand why people sometimes act out in ways that hurt others and get themselves into trouble.

Learning to control your defense mechanisms will give you more power to control your life than almost any other skill.

Introductory Activity