



Journal Activity

Were there situations today where you used Defense Mechanisms? Look at the list of situations below and circle the ones that happened to you this week, then write down how you responded and whether your response was positive or negative.

Situation	Response	Pos. or Neg.
Disrespected	_____	_____
Yelled at	_____	_____
Put down	_____	_____
Laughed at	_____	_____
Embarrassed	_____	_____
Made a mistake	_____	_____
Blamed	_____	_____
Accused	_____	_____
Lost a game	_____	_____
Got caught	_____	_____
Confronted	_____	_____
Frustrated	_____	_____
Ignored	_____	_____

How would the situation have been different if you had chosen a different response?