

# Journal Prompts

## **Defense Mechanisms**

### **Secondary Journals**

Secondary Journal #1: 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.

Secondary Journal #2 (Game Plan): To control a defense mechanism, you need to: recognize the situation, identify the situations where you can practice step 1, don't let others control how you'll respond, and select a positive solution.

Secondary Journal #3 (Art): Draw a picture that represents a positive defense mechanism that you have recently used in a pressure situation.

Secondary Journal #4 (Art): Create a picture or symbol or find a photo that can help you remember to choose a positive defense mechanism when you are in a pressure situation.

Secondary Journal #5 (Observation): List three defense mechanisms that you observed your friends using today.

Secondary Journal #6 (Music): Listen to the WhyTry song "Defense." What parts of the song apply to situations you have experienced?

Secondary Journal #7 (Game Plan): Identify two pressure situations that you have had the biggest challenge with. Make a plan for a positive response the next time you are in a similar situation.