

# Defense Mechanisms

## 1 What is a defense mechanism?

## 2 Situation How do you respond (act) when:

- Disrespected
- Yelled At
- Put Down
- Laughed At
- Mad At Parent
- Embarrassed
- You Lose
- Feel Pressure
- You're Hit
- Make A Mistake
- Confronted
- Frustrated
- Blamed
- Get Caught
- Hurt
- Angry

## 6 Four Steps to Control Your D.M.

### 1. Recognize the situation.

When you are in a pressure situation, these are the signs:  
You feel angry, frustrated, nervous.

What outward behaviors can you use to help control the pressure?

### 2. Identify the situations where you can practice step 1.

What are the situations you need to practice this?

### 3. Don't let other people control how you will respond.

You know that someone is trying to control you if they are yelling at you, physically attacking you, or putting you down.

### 4. Select a positive solution.

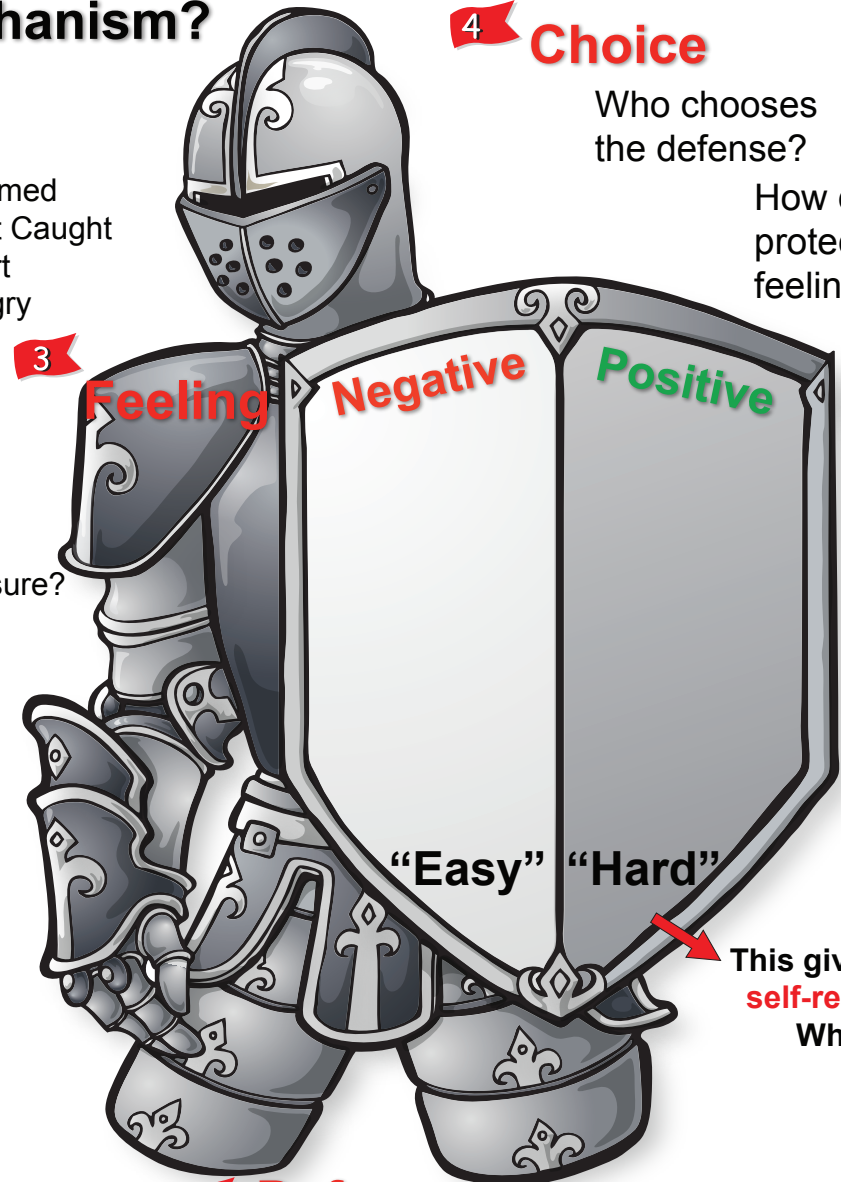
What would motivate you to do the tougher (harder) thing?

What might happen if you stay in control?

## 4 Choice

Who chooses the defense?

How do you protect your feelings?



## 5 Defense



How do you know when you've selected a positive defense mechanism?

**"When you are helping, not hurting, yourself and others."**