

Defense Mechanisms

1 What is a defense mechanism?

2 Situation How do you respond (act) when:

- Disrespected
- Mad At Parent
- Blamed
- Yelled At
- Embarrassed
- Make A Mistake
- Get Caught
- Put Down
- You Lose
- Confronted
- Hurt
- Laughed At
- Feel Pressure
- Frustrated
- 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, or 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?

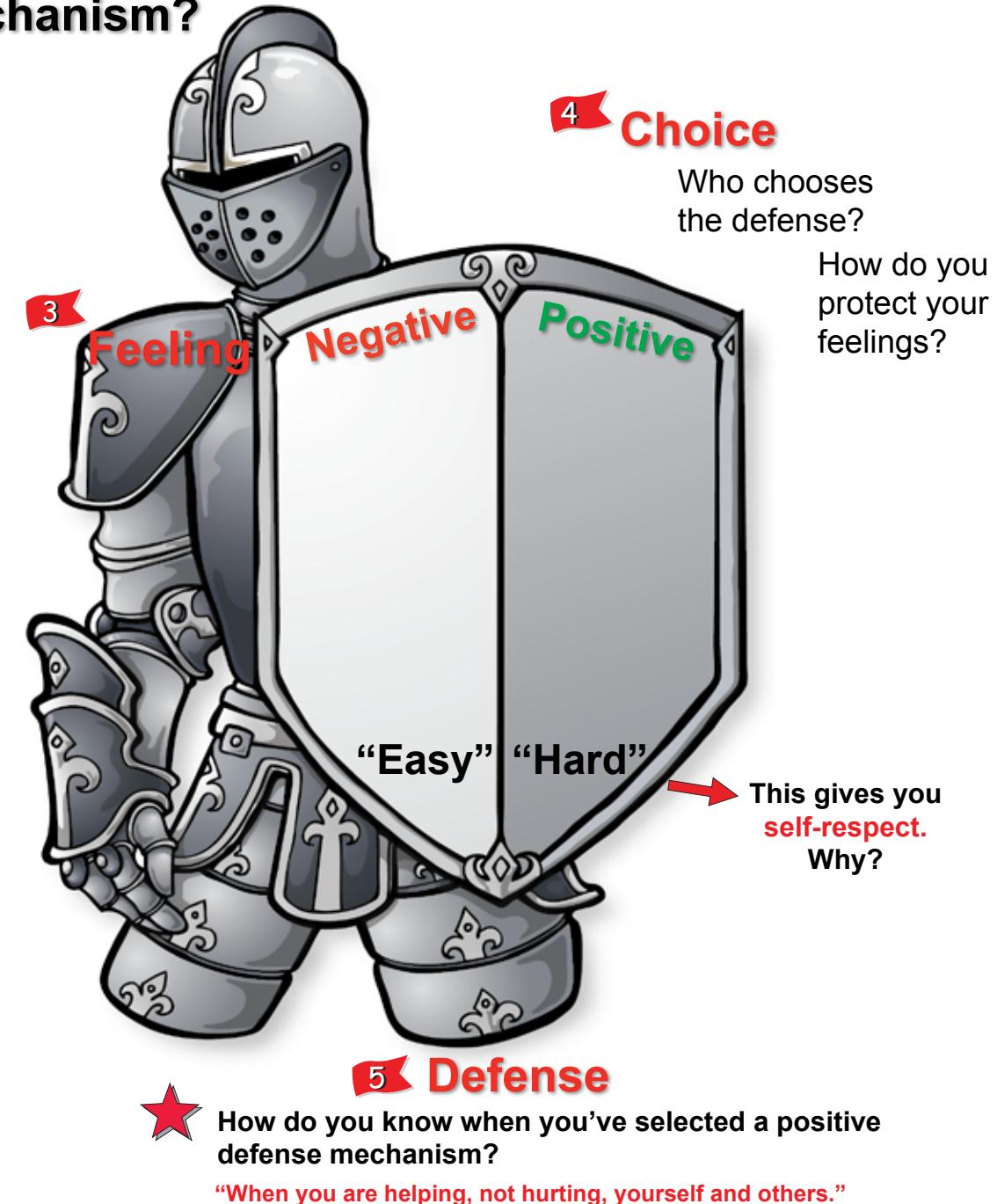
3. Don't let other people control how you will respond.

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?



5 Defense

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

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