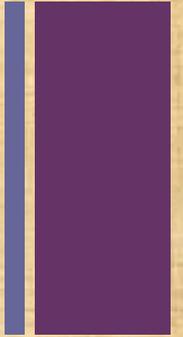


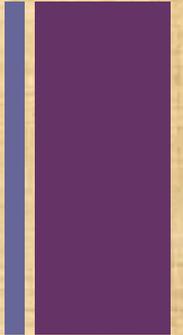


8.MEH.2.1 – Evaluate the uses of defense mechanisms in terms of whether they are healthy or unhealthy.

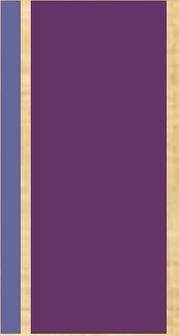




Video Rap



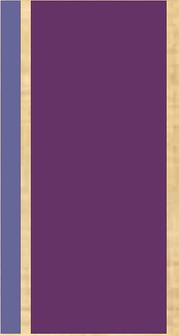
- Why Try?



Have you ever made excuses for yourself or made excuses to explain why something happened?

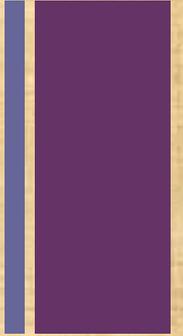


- **Working in small groups, generate a list of as many excuses they can think of when they are in an uncomfortable situation or when they are in the wrong.**
- **Groups are to assign one member as a recorder for their responses.**



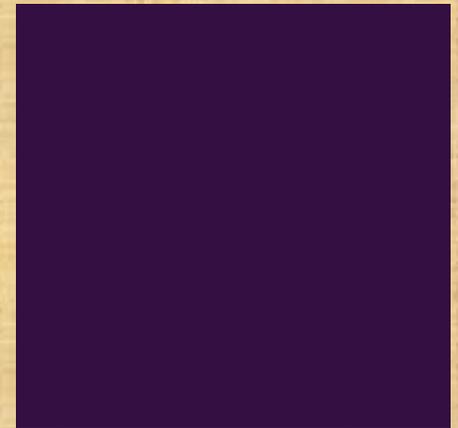
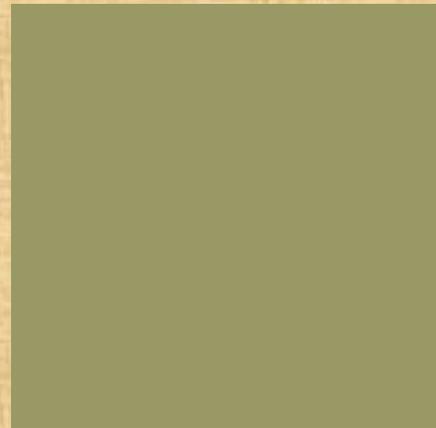
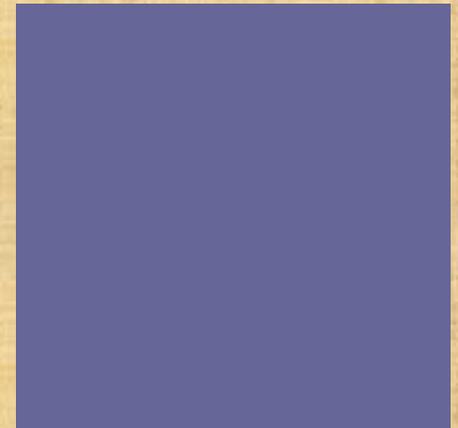
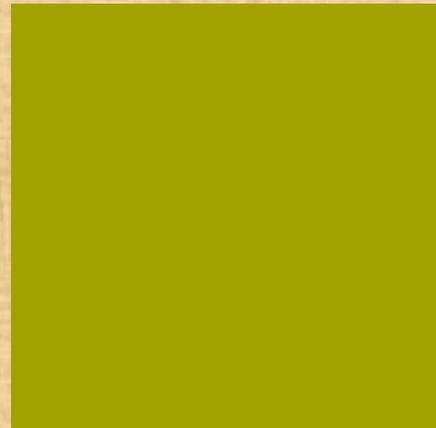


Statement of Objectives:

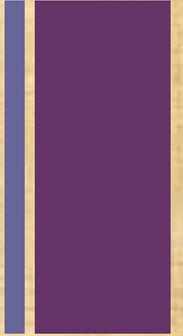


Today we are going to be discussing defense mechanisms. By the end of the lesson each of you should be able to evaluate the uses of defense mechanisms in terms of whether they are healthy or unhealthy.

- ~~I can't do it.~~
- ~~It's difficult.~~
- ~~Joe is better than me.~~
- I don't have enough skills.



Defense
Mechanisms

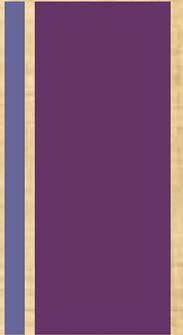


Defense Mechanisms

- **Defense mechanisms are mental strategies developed to deal with stressful situations.**
- Defense mechanisms are behaviors that an individual might use to cope with an uncomfortable situation or problem.

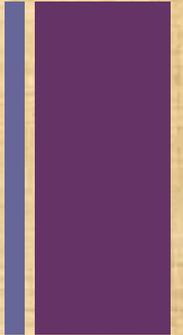


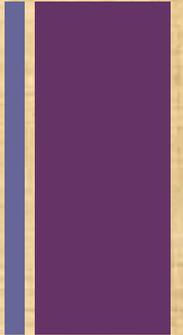
- **The use of defense mechanisms can be healthy or unhealthy, depending on the circumstances and how much a person uses them.**
- **The use of defense mechanisms is normal and can contribute to emotional health by providing relief from anxiety and helping one cope with problems.**
- **However, if a person depends too much on unhealthy defense mechanisms, he or she may begin to avoid facing the problems of daily life.**





- *For example, if on one occasion, a student slams his/her locker hard because he/she is mad, it's not a big deal.*
- *However, if this student frequently slams doors, lockers, or hits the wall or locker when they get mad, there might be a better way of dealing with their stress.*
- *A person may not realize the unhealthy use of defense mechanisms if they have become habitual.*
- *People who use unhealthy defense mechanisms may not grow or mature emotionally and may not learn to accept and express their actual feelings.*





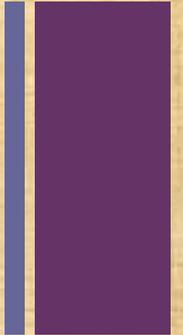
Defense Mechanisms Graphic Organizer

DEFENSE MECHANISMS	EXAMPLE	WHEN IS IT HARMFUL?
Compensation		
Daydreaming		
Denial		
Displacement		
Humor		
Identification		
Projection		
Rationalization		

DEFENSE MECHANISMS	EXAMPLE	WHEN IS IT HARMFUL?
Regression		
Repression		
Sublimation		
Suppression		



Compensation



- A person tries to make up for his/ her weaknesses by developing strengths in other areas.
- Example – A struggling student with a learning disability becomes a leader in the art club.
- Harmful – Not trying to overcome the weakness.



+

Daydreaming



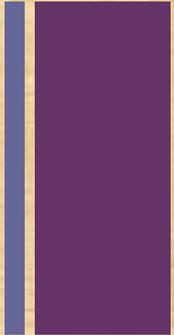
- A person escapes unpleasant, boring, or frustrating situations by imagining that he or she is doing something else.
- Example _ A shy student imagines that he/she is homecoming king/queen.
- Harmful _ Refusal to accept reality and spending too much time in an imaginary world.

Movie Clip showing
Daydreaming





Denial

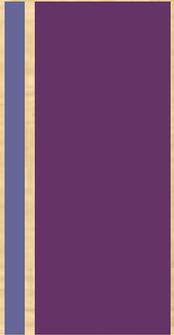


- Refusal to accept reality.
- Example – A student finds out that a relative has a terminal disease. The student continues to act as though the relative is going to live.
- Harmful – Continual inability to accept a situation long after it has occurred.

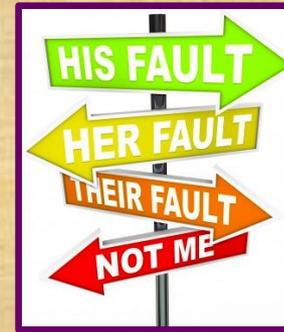




Displacement



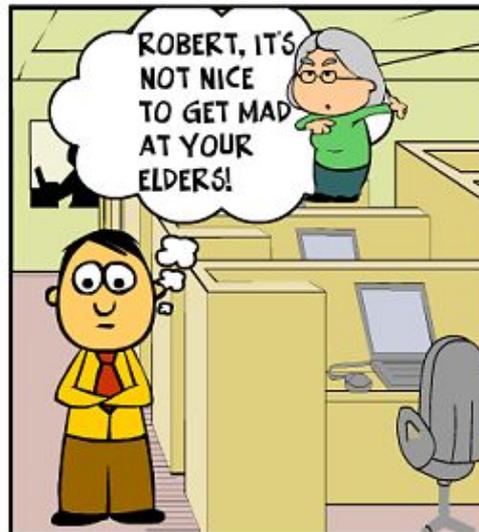
- A person transfers the emotions he or she feels from the original situation or object to another situation or object.
- Example _ A student is angry with a parent but yells at his/her brother or sister.
- Harmful _ Continuously taking anger out on an innocent person.



[I Killed My Sales - Tommy Boy](#)

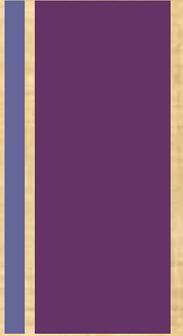
DEFENSE MECHANISM 2 - BY MBRITT

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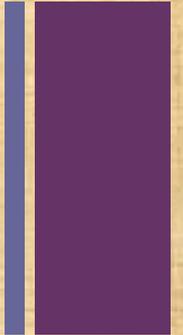
Humor



- A person focuses on the funny aspects of a painful situation.
- Example - A person is called a bad name and then refers to himself by that name to deflect the teasing.
- Harmful _ Person is accepting a social injustice. Name-calling should not be tolerated.



Identification



- A person tries to assume the qualities of someone that is admired.
- Example - A student wants to be like a famous person so they begin to dress and act like that person.
- Harmful _ Measuring own worth to someone else's standards instead of developing one's own strengths.



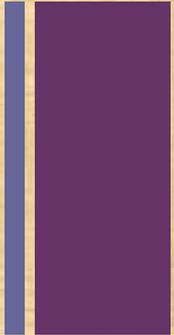
Projection

- A person shifts the blame and/or responsibility for his/her actions or thoughts to another person.
- Example _ A student does poorly on a test and says that the teacher wrote an unfair test.
- Harmful _ Refusal to accept responsibility for actions.

CLIP



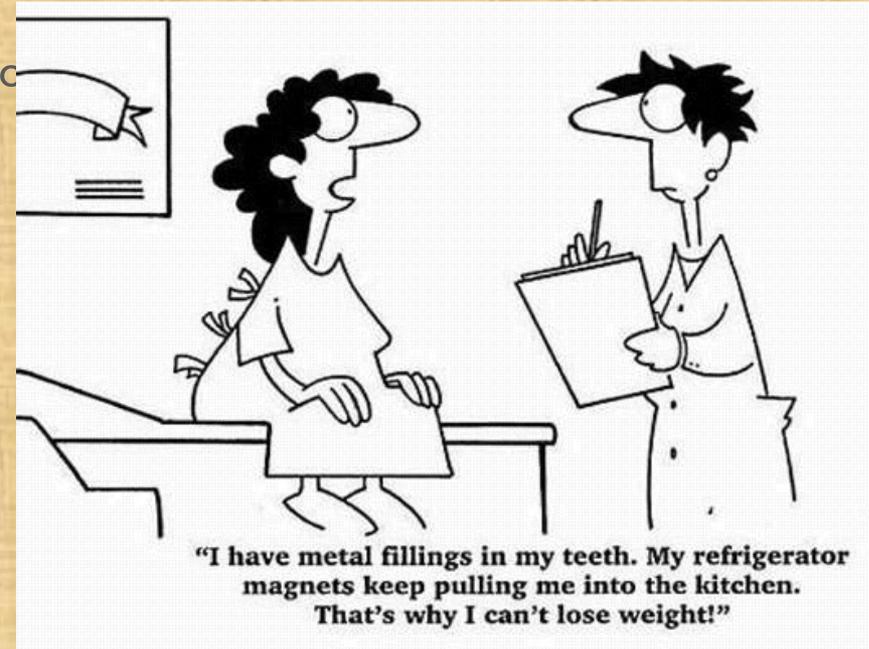
+ Rationalization



- An attempt to justify one's actions with an excuse rather than by admitting one's failure or mistake.
- Example _ A student justifies flunking a test because he/she was absent the day it was scheduled. [Or, the dog ate his homework!]
- Harmful - Refusal to accept responsibility for actions.



CLIP





Regression

- Retreating to an earlier time that seems less threatening and requires less responsibility.
- Example _ A student has trouble fitting in at middle school so he/she returns and visits their elementary school, thinking that it would be nice to stay there.
- Harmful _ Refusal to move on and mature within a reasonable amount of time.



clip 2



Repression

- Blocking out thoughts about unpleasant things or experiences. Repression is actually an unconscious method of escaping something unpleasant.
- Example – A woman is raped, she pushes the thought out of her mind, she doesn't even think it happened.
- Harmful – Inability to recognize what has happened, especially if she needs to receive help.



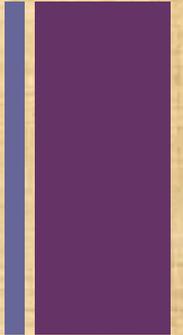
Sublimation

- Transforming unacceptable behaviors into acceptable ones. Sublimation can involve redirecting specific behaviors.
- Example _ A student likes to get into arguments, so he/she decides to join the debate team.
- Harmful _ Inability to recognize the need to change unacceptable behaviors into acceptable ones.





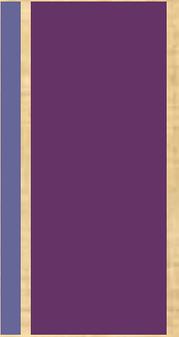
Suppression



- The effort to hide and control unacceptable thoughts and feelings.
- Example – A student is attracted to someone, but he/she says that they do not like the person at all.
- Harmful – Inability to let true feeling show.



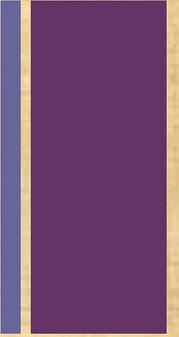
[Clip for Suppression](#)

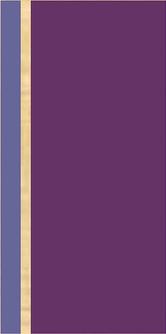


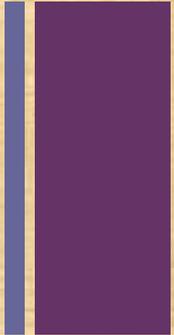


Defense Mechanisms

Situations



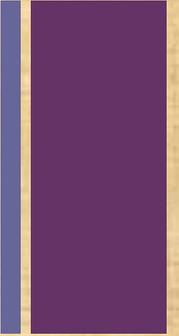
- 
- + 1. Even a top baseball player will sometimes strike out on an easy pitch. When this happens, his next action is to throw his bat or kick the water cooler with all his might. Which defense mechanism does this demonstrate?**
 - 2. Someone who smokes a lot may insist that he/she really does not care to smoke cigarettes but feels that he/she is obligated to smoke with friends “just to be fit in .” Which defense mechanism does this demonstrate?**
 - 3. Zach got into lots of fights in elementary school with other students. However, once he was in middle school, he channeled his hostility into sports. Which defense mechanism does this demonstrate?**

- 
- + 4. Nika has a big report due on Monday. However, she doesn't feel like researching her subject and goes over to her friend's house instead. Which defense mechanism does this demonstrate?**
- 5. Juan's mom is fussing at him because he got into trouble at school. Mike doesn't hear his mom; he is too busy thinking about his weekend plans. Which defense mechanism does this demonstrate?**
- 6. Simone begins taking guitar lessons because she saw several older teenagers playing the guitar. Which defense mechanism does this demonstrate?**
- 7. A mom might have to work all the time and never spend anytime with her child. To makeup for this she buys her child anything he/she wants. Which defense mechanism does this demonstrate?**

+ Defense Mechanisms

Directions: Write a statement that might be made by a person using each of the following defense mechanisms.

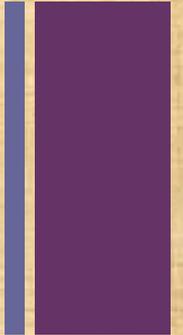
- 1. Denial:** You completely reject the thought or feeling.
- 2. Suppression:** You are vaguely aware of a thought or feeling but try to hide it.
- 3. Projection:** You think someone else has your thought or feeling.
- 4. Displacement:** You redirect your feelings to another target.
- 5. Rationalization:** You come up with various explanations to justify the situation (while denying your feelings).
- 6. Regression:** You revert to an old, usually immature, behavior to vent your feelings.



7. **Daydreaming:** You escape unpleasant situations by imagining that you are somewhere else.
8. **Identification:** You try to be like someone else, someone you admire.
9. **Sublimation:** You transform unacceptable behaviors into positive ones.
10. **Humor:** You focus on funny aspects of a painful situation.



Closure:



- *Today we learned what defense mechanisms are and how to identify them. You did a good job analyzing and demonstrating the different types of defense mechanisms. You should now be able to recognize when you are using a healthy or unhealthy defense mechanism when dealing with difficult situations.*