

UNDERSTANDING PSYCHOLOGICAL DEFENSE MECHANISMS

S T E P S 5 - 8

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STEP 5: TRACK YOUR REACTIONS – YOUR 3-DAY AWARENESS WORKSHEET

For the next three days, keep a simple journal of moments when you experience strong or difficult emotions. Your goal is to become more aware of how you tend to react and whether any defense mechanisms are involved.

<i>Date</i>	<i>What happened (situation/emotion)</i>	<i>How I reacted</i>	<i>Possible defense mechanism</i>



Questions to help you observe:

- Did I avoid or block out a feeling?
- Did I blame, deny, laugh, or justify?
- What might I have been protecting myself from?



STEP 6 : CHOOSE AND WORK THROUGH ONE DEFENSE MECHANISM

Choose **one defense mechanism** that you most often notice in yourself:

☐ *Denial* ☐ *Repression* ☐ *Rationalization*

☐ *Projection* ☐ *Displacement* ☐ *Reaction Formation*

☐ *Sublimation* ☐ *Humor* ☐ *Other:*

What are its advantages?

What are its disadvantages?

When do you use it most often?

What could be a more constructive reaction?

STEP 7: DIGGING DEEPER – HONEST SELF-INQUIRY

To reflect honestly, take your time to understand your inner experience. Choose one or two of the following questions and reflect on them — there are no right or wrong answers.

What am I truly afraid of in this situation?

Is this a familiar emotional pattern?

When have I felt this way before?

What part of me am I trying to hide or protect?

Is my reaction helping me grow, or is it keeping me stuck?

If I gave myself permission to fully feel this emotion — what might change?

Write down your honest reflections:



STEP 8 : FROM DEFENSE TO GROWTH – YOUR PERSONAL MAP

Every defense mechanism serves a purpose — but with awareness, we can choose healthier ways to respond. Use the table below to identify your common defense reactions and brainstorm more constructive or conscious alternatives.

<i>Defense Mechanism I Use</i>	<i>What It Protects Me From</i>	<i>Healthier Alternative Response</i>



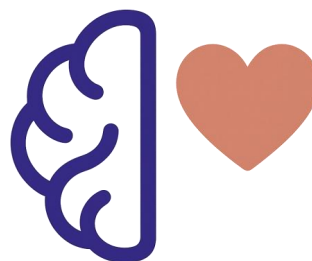
Reflect:

What patterns do you notice?



Which new responses feel most realistic and supportive for you?

YOUR PRECIOUS
THOUGHTS

This image shows a full page of primary-ruled paper. It features ten sets of horizontal lines across the page. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. The lines are evenly spaced and extend from the left margin to the right edge of the page. There is no handwriting or other markings on the paper.

Remember - one worksheet at a time!