

Plugging In Activity



Talk to a parent, guardian or older sibling about defense mechanisms. Explain to them the metaphor of the armor.

Defense Mechanisms

1 What is a defense mechanism?

2 **Situation:** How do you respond (act) when . . .

- Disrespected - Mad at parent - You're hit - Blamed
- Yelled at - Embarrassed - You lose - Get caught
- Put down - Make a mistake - Confronted - Hurt
- Laughed at - Feel pressure - Frustrated - Angry

Four steps to control your defense mechanisms

3 **Feeling**

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."

© WhyTry LLC 2011

Ask them how they respond when they feel they are being attacked.

Ask them the following question: Why is it important to learn to control how you react in pressure situations?