

# Defense Mechanisms Worksheet

Name:

Date:

## Instructions:

This worksheet is designed to help you identify and understand your own defense mechanisms. For each scenario provided, reflect on your personal experiences and reactions. Consider how you might have used defense mechanisms in similar situations. Write down your thoughts and feelings in the space provided.

### Scenario 1: Conflict at Work

*You had a disagreement with a colleague at work, and you felt they were wrong. How did you handle the situation? Did you find yourself justifying your actions or blaming your colleague?*

- **Your Reflection**

### Scenario 2: Feedback on a Project

*You received constructive criticism on a project that you worked hard on. Did you feel defensive or did you rationalize the feedback? How did you process this experience?*

- **Your Reflection**

### Scenario 3: A Missed Opportunity

*You missed an opportunity that you really wanted. Did you find yourself making excuses or downplaying its importance? How did you cope with the disappointment?*

- **Your Reflection**

#### **Scenario 4: An Argument with a Loved One**

*Think about a recent argument with someone close to you. Did you project your feelings onto them or deny your part in the conflict?*

- **Your Reflection**

#### **Scenario 5: Facing a Personal Fear**

*Recall a time when you had to face a personal fear or challenge. Did you avoid the situation, or did you confront it? How did you feel before and after the situation?*

- **Your Reflection**

#### **Final Thoughts:**

*Reflect on the common themes in your responses. Can you identify any patterns in how you typically respond to stress, conflict, or criticism? How might these patterns be related to specific defense mechanisms?*

- **Your Reflection**

This worksheet is a starting point for self-reflection and understanding your use of defense mechanisms. It can be beneficial to discuss your responses with a therapist or counselor for deeper insight and personal growth.