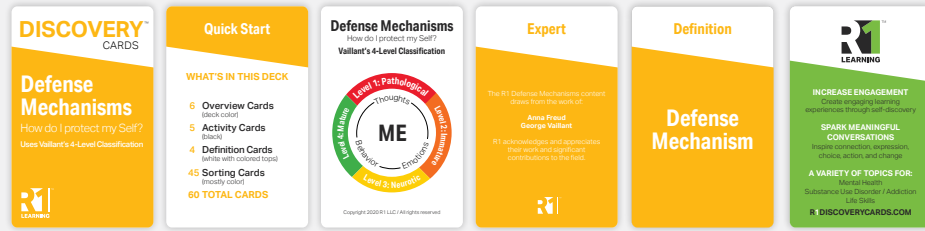


# Defense Mechanisms

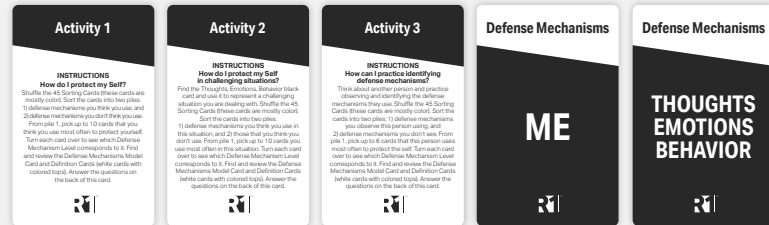
What's in the Deck

## Discovery Cards Content Map

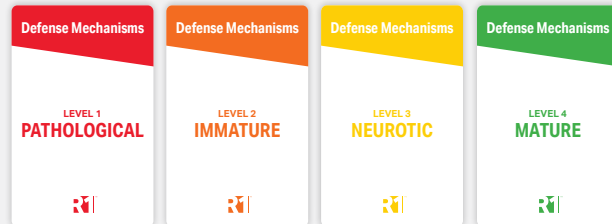
### Overview Cards



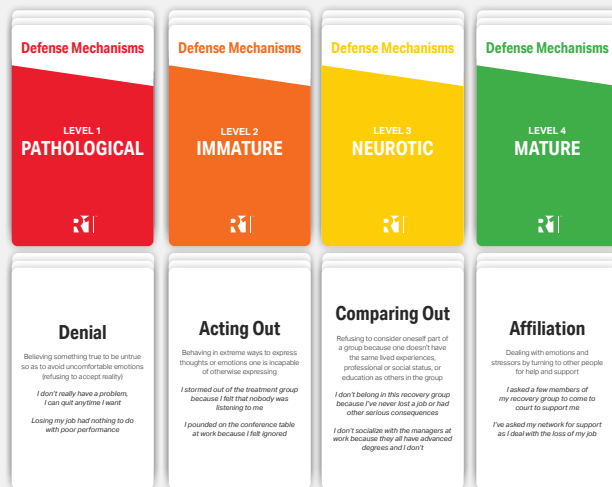
### Activity Cards



### Definition Cards



### Sorting Cards



**6** Overview Cards

**5** Activity Cards

**4** Definition Cards

**45** Sorting Cards

**60** TOTAL CARDS

## What's in the Deck

- Main Color: Box Color
- 1 Topic Description Card
- 1 Quick Start Card
- 1 Model Card
- 1 Expert Card
- 1 Topic Definition Card
- 1 R1 Card

- Main Color: Black
- 1 Activity 1: How do I protect my Self?
- 1 Activity 2: How do I protect my Self in challenging situations?
- 1 Activity 3: How can I practice identifying defense mechanisms?
- 1 ME Action Card
- 1 Thoughts Emotions Behavior Card

- Main Color: White with Colored Tops
- 1 Level 1: Pathological (Red)
- 1 Level 2: Immature (Orange)
- 1 Level 3: Neurotic (Yellow)
- 1 Level 4: Mature (Green)

- Main Color: Mostly Color
- 3 Level 1: Pathological (Red)
- 18 Level 2: Immature (Orange)
- 16 Level 3: Neurotic (Yellow)
- 8 Level 4: Mature (Green)