

Pre-Contemplation

Identifying Defense Mechanisms

Sometimes when we need to think about things that are too difficult to deal with, we use what are called “defense mechanisms” to avoid thinking about the problem. These “defense mechanisms” are usually thoughts we have that stop us from admitting that there is a problem. These thoughts

also help us to avoid unpleasant feelings. Most of us don’t realize it when we use “defense mechanisms,” but it can help us to be aware when this happens so that we do not ignore important problems that we need to solve. Below is a list of the most common defense mechanisms. Select the ones that you use most often:

Blaming

- No one eats healthy.
- My parents don't buy healthy food.

Denying

- I can start eating healthy whenever I want.
- There is no problem with my health.

Making Excuses

- I don't have time to exercise.
- I've tried to be healthier, but it doesn't work.

Procrastinating

- I will start exercising when final exams are over.

Reacting

- It's annoying when people try to tell me how to take care of myself.
- I'm tired of people talking about healthy eating and exercise.

Rationalizing

- I may not be the healthiest person in the world, but I'm not that bad.
- None of my friends or family is healthier than me – we are all the same.

Come up with your own:

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