**Ch. 3-3 and 4-1 Student Outline** Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Per# \_\_

Please have your book handy.

I completed my chapter reading and homework. ❍ Yes ❍ No

Think about times when you had to deal with difficult emotions. Answer the following 3 questions using a personal example.

1. Write about a time when you struggled with a difficult emotion, such as sadness, fear, guilt, or anger.

2. How did you manage your emotions in the situation you described above?

3. Based on what you read in Lesson 3, what could you have done differently to better manage your emotions?

Let’s review the 6 traits that are commonly used to describe good character. (Pg 74)

•T\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- honest, loyal and reliable

•R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- considerate of others

•R\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- you think before you act and consider the consequences

•F\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-open minded, listen to others viewpoints, don’t take advantage

•C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- kind and compassionate

•C\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-taking an interest in your school and community.

When you consistently show these traits in your actions and behaviors, you show others that you have I\_\_\_\_\_\_\_\_\_\_.

List 3 things you are good at:

Thinking of things you are good at will help your \_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_.

Pg. 79There are 6 common emotions listed below. Think about how someone might act or behave when they are feeling that emotion, then write down an example. Work on the first two - then pair up with someone in your row and share your answer. Go back to working on your own to finish, then pair/share sideways.

1. Happiness -

2. Sadness -

3. Love -

4. Fear -

5. Guilt -

6. Anger -

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Look back at what you wrote for the first example. Use that example to answer the questions on page 80 to show how to deal with emotions in a positive way.

➀-

➁-

➂-

➃-

➄-

THINKING CRITICALLY -Analyze how asking some of the questions above might help keep emotions in check?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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There were 2 suggestions for when you first feel anger building inside you. Write them here:

#1 -

#2 -

Then try one of these strategies:

➀ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

➁ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

➂ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**COMMON DEFENSE MECHANISMS** pg.81

Some people choose to manage difficult emotions by avoiding situations that make them uncomfortable. **Defense mechanisms** are mental processes that protect individuals from strong or stressful emotions and situations. But relying on them too long can keep you from facing - and solving - what’s upsetting you.

**Write the definition for each and write out an example showing that D. M. in action**.

REPRESSION -

|  |
| --- |
| Example: |

REGRESSION -

|  |
| --- |
| Example: |

DENIAL -

|  |
| --- |
| Example: |

PROJECTION -

|  |
| --- |
| Example: |

SUPPRESSION -

|  |
| --- |
| Example: |

RATIONALIZATION -

|  |
| --- |
| Example: |

COMPENSATION -

|  |
| --- |
| Example: |