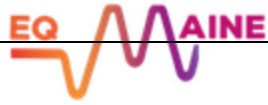


Journaling Journal - Week 4 – Unconscious Barriers and Internal Resources

As you continue along your journey of self-discovery and get a glimpse into the underlying aspects of your concerns, you may become overwhelmed by the challenges that lay ahead.

- The unconscious forces that protect us from anxiety and sometimes prevent us from answering our call to action are called defense mechanisms. Defense mechanisms may result in idling, cautiously backing off from or adamantly refusing to answer one's call to action altogether. It is no wonder! After all, the real-world consequences of leaving behind the ordinary world will inevitably cause inner objective anxiety and inner turmoil.
 - You may experience criticism from those who disagree with your attempt to change, both in your objective world as well as from the unconscious or subconscious foreboding naysayers embedded in your personal monomyth.
 - These inner naysayers and outer influences are “threshold guardians” that try to convince us to **Refuse the Call to Action**.
- Refusing the call, whether due to hypervigilant defense mechanisms or people who are uncomfortable with change, is not uncommon.
 - Anticipating this intrapsychic dynamic, use the Defensive Style Questionnaire (*Defense Style Questionnaire* n.d.) and other tools help to shine a light on defense mechanisms, so we may recognize them in ourselves and in others.

Using the Defense Style Questionnaire, identify your **most common psychological defenses** and describe how each defense mechanism guides important decisions.



Identify one internal cue from your mythopoetic mentor that alerts you to when a defense mechanism becomes apparent.

Identify an ally you trust to remind you about your coping skills (defense mechanisms) when needed.

What is your primary life trap?

Identify the 4 highest-scored features of your life trap.

Provide at least one detailed example of when your life trap influences your life and how you will break free of your life trap