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MFT 603/ RP 3

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### 1. Defense mechanisms

These are techniques used at all life cycle stages to help individuals cope with the threat of anxiety. I found myself that I used to use displacement and undoing when my children were little. It is a little hard to accept and express how I feel now and why I feel that way, but it is a way of being responsible for myself as an adult.

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### 3. Greif and depression

Grief reaction doesn't show the loss of self-esteem and the world looks poor and empty, while in depression, there is a loss of self-esteem and the person feels poor and empty. Practitioners before clinical judgment should consider the person's history and cultural norms in the context of the expression of distress during loss.