• Relevance.
• Maturation.
• Reinforcement (+/-) (Build on existing knowledge)
• Organization.
• Timing (When? How long? How often?)
• Motivation.
• Readiness.
• Participation.
• Repetition.
• Understandable words

Stress & Adaptation

The defense mechanism used by individuals

• **Compensation:** When a person attempts to overcome a perceived weakness by emphasizing a more desirable trait or overachieving in a more comfortable area.
  - Ex: Difficult with academics, may excel in sports
• **Denial:** Refuses to acknowledge the presence of a condition that is disturbing.
  - Ex: refusing to accept illness.
• **Displacement:** Person transfers/displaces an emotional reaction from one object/person to another object/person.
  - Ex: mad at your parents and you kick the chair
• **Introjection:** Person incorporates qualities or values of another person into his/her own ego structure. Important as part of the conscious in childhood.
  - Ex: Older brother may tell younger brother not to talk to strangers, expressing his parent’s values
• **Projection:** When a person’s thoughts or impulses are attributed to another person’s, allowing intolerable feelings or motivation to be attributed to someone else.
  - Ex: denies sexual feelings toward a coworker, accuses her of sexual harassment
• **Rationalization:** When a person tries to give questionable behavior a logical or social acceptable explanation. Behavior justification.
  - Ex: a client may say he forgot the appointment because he had to wait 3 months to get the appointment.
• **Reaction Formation:** When a person develops conscious attitudes and behavior patterns that are opposite to what one would really like to do or feel.
  - Ex: attracted to a friend, but you treat them rude (“You always hurt the one you love”)