Defense Mechanisms. Paper details Instructions One of Freud’s legacies was his identification of defense mechanisms. This is a construct that we can all relate to because we have all used at least a few of these defense mechanisms at one time or another in our lives. After reading Chapter 2 in your text, write the following two-part paper: Part 1: Define defense mechanisms in your own words. Why do we use them? What benefits do we get from employing defense mechanisms? What is the negative side of using defense mechanisms? Part 2: Choose five defense mechanisms that you have personally used or have seen another person use, and cover the following points for each: Describe the defense mechanism. What benefit comes from employing the specific defense mechanism? Give a specific example of a time that you have either used it or seen another person use it. What was the outcome of using this defense mechanism in your example? This paper should be two to three pages, double-spaced, and written in proper APA format. In addition to the minimum page count (i.e., two pages and one line), you should also include a cover page and a reference page in APA format. Use a minimum of one source in addition to your textbook to support your points.