Reflecting on my participation in the debate activity during Module 5 has illuminated both my strengths and weaknesses within team settings, through the lens of Freudian insights. One strength that emerged was my ability to navigate group dynamics effectively, which can be attributed to an awareness of unconscious motivations influencing team interactions (Brown and Garcia). Understanding the unconscious mind provided a framework for interpreting non-verbal cues and underlying tensions, allowing for more harmonious collaboration. However, a notable weakness was my tendency to engage in rationalization, often justifying my own contributions while overlooking areas for improvement, as described by Knoll and colleagues (Brown and Garcia). This realization has prompted a more introspective approach, recognizing the need to address these defense mechanisms to enhance personal and group efficacy.