

Emotional Defense Mechanisms

NAME: _____

Defense Mechanisms are mental processes that protect individuals from strong or stressful emotions or situations.

Directions: Read each definition. With a partner, supply each definition with **TWO** "real-life" example of someone demonstrating that defense mechanism.

Repression: painful thoughts or feelings are pushed away from conscious thoughts.

Example 1: _____

Example 2: _____

Rationalization: the act of making an excuse for a behavior.

Example 1: _____

Example 2: _____

Compensation: covering up faults or weaknesses by trying to excel in other areas.

Example 1: _____

Example 2: _____

Projection: seeing your own faults or feelings in other people even when they do not have them.

Example 1: _____

Example 2: _____

Idealization: admiring someone so much that they see the person as perfect.

Example 1: _____

Example 2: _____

Daydreaming: a creation of make-believe events that seem more pleasant or exciting than the real world.

Example 1: _____

Example 2: _____

Regression: acting less maturely than you usually would. People are regressing

Example 1: _____

Example 2: _____

Denial: the refusal to recognize reality.

Example 1: _____

Example 2: _____

Sublimation: the replacement of undesirable impulses with acceptable behavior.

Example 1: _____

Example 2: _____

Displacement: shifting feelings about one person or situation to an object or another person.

Example 1: _____

Example 2: _____

Reaction Formation: when people hide their true feelings from themselves by acting in a manner opposite to the way they would like to act.

Example 1: _____

Example 2: _____