

## Psychodynamic Ego Defence Mechanisms

Using coloured pens, match up the defence mechanism to its description and example.

Defence Mechanism	Description	Example
Regression	Attribution of your own unacceptable faults or wishes to someone else.	A physically abusive parent claiming that a beating is 'good for the child'.
Projection	Diverting emotions from their original source towards a less dangerous one.	An 8 year old child whose parents are getting divorced who starts bed wetting.
Reaction-formation	Refusal to believe events or certain emotions being experienced are causing anxiety.	A young woman forcing the memories of sexual abuse into her unconscious mind.
Regression	Expressing unacceptable impulses into a socially acceptable substitute activity.	Taking out your anger with your parents on your younger sister.
Denial	The changing of unacceptable wishes and desires into the opposite in the conscious mind. The conscious thoughts and feelings are experienced as quite real.	An aggressive young man taking up rugby to re-channel his aggressive impulses.
Displacement	Finding excuses to justify actions which have unacceptable unconscious motives.	A young woman from a strict moral background becoming actively involved in an anti-pornography campaign.
Sublimation	Preventing unacceptable desires or emotions or traumatic memories from becoming conscious.	An alcoholic not admitting that they are dependent on alcohol.
Rationalization	Engaging in behaviour characteristic of an earlier stage of development.	A student who wishes to cheat on a upcoming exam interpreting the anxiety of other students as a desire to cheat on the exam.