

**Psychology 113 Assignment 4 Defense Mechanisms 10 Points Typewritten**

**DUE: April 11 Wednesday**

Read the section in your text from Chapter 12: Personality and notes that pertain to Freud and defense mechanisms. Become familiar with the concept of defense mechanisms.

To think about defense mechanisms in a different way, you are to consider how you have used any of them, and the impact that may have had. In addition, think about another person, whom you know fairly well, and consider how their use of any defense mechanism impacted them.

**1. Describe two situations in which you have used a defense mechanism.**

**For each situation, include the name and definition of the defense mechanism; the general situation; and in what way the mechanism helped you to cope. What was the outcome of using the defense mechanism?**

**2. Describe one situation in which you think someone you know was using a defense mechanism.**

**Include the name and definition of the defense mechanism; the general situation; how you know they were using a defense mechanism; and the outcome for that person after use of defense mechanism.**

**Example:** A person is in credit card debt; money is tight to pay off the bills. Bills keep arriving at home, phone calls from the company occur numerous times a day.

**Defense mechanism of Denial-** Refusal to accept or acknowledge an anxiety producing piece of information. (Pretend it does not exist)

--- a person tosses the bills when they get the mail(to deal with or to think about them at a later date), and ignores the phone calls (doesn't answer the phone). Person comes to believe that the debt doesn't exist and/or will just go away on its own.

Outcome: tension and anxiety when at home, especially when phone rings. Hate to get the mail, so may avoid going to the mailbox. Sense of dread, that occurs often. Hate to think about money. Miss important phone calls not related to debt collector calls (assuming no caller ID) So—person is in more debt, will have bill collectors hounding them, credit history and credit score will become very low. Anxiety and tension and sense of dread get worse, and financial situation gets much worse. Person in grumpy mood more often at home, where phone calls expected. Tense and anxious more often, sleep problems may arise(such as waking up at night or trouble falling asleep). May even keep charging until company stops your card.