

Name: _____ Date: _____

DEFENSE MECHANISMS

Identify the defense mechanism that is illustrated in each example below.

Parents might be reassured to know that children who pull wings off flies and jab pins in the cat may eventually find their niche in the areas of dentistry or surgery.

Sublimation

James has suffered heavy financial losses recently while playing the stock market. Upon trading his big, luxury car in for an old, broken down small car, James informed his friends that he bought the cheaper car to do her part in the battle against air pollution.

Rationalization

The habitual drinker may insist that he really doesn't care much for the taste of alcohol but feels that he is obliged to drink with friends "just to be sociable."

Rationalization (or Denial)

Rena, the mother of an unwanted child may feel guilty about not welcoming her child. As a result, she may try to prove her love by becoming overindulgent and overprotective of the child.

Reaction Formation

Sam was a soldier and was exposed to traumatic experiences in a concentration camp during WWII and he sometimes has amnesia and is unable to recall any part of his ordeal.

Repression

Elric, who actually likes to have others do things for him, is quick to criticize other people for being dependent and lazy.

Projection