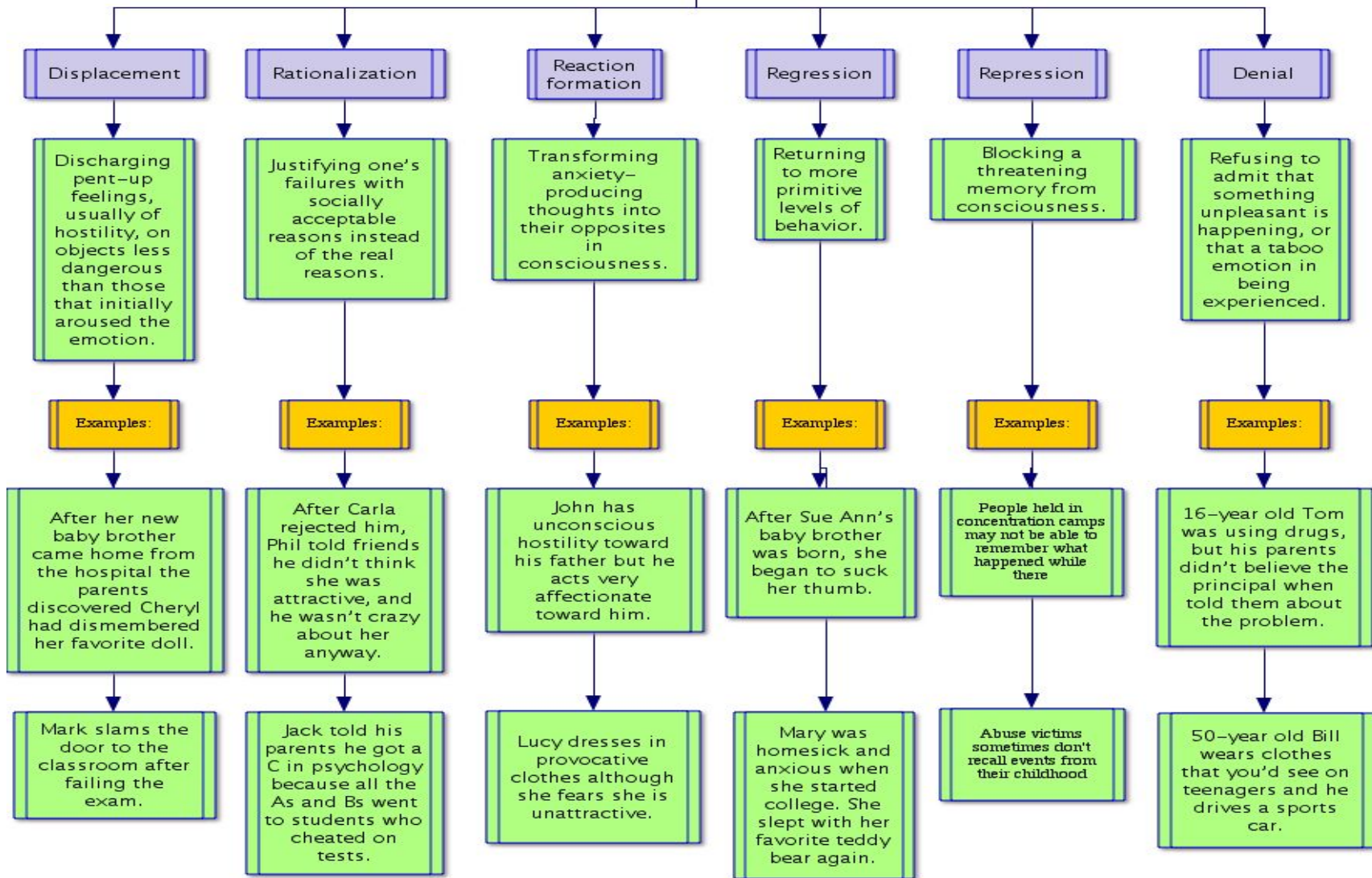


Defense Mechanisms



DEFENSE	DESCRIPTION	EXAMPLE
denial	arguing against an anxiety provoking stimuli by stating it doesn't exist	denying that your physician's diagnosis of cancer is correct and seeking a second opinion
displacement	taking out impulses on a less threatening target	slamming a door instead of hitting as person, yelling at your spouse after an argument with your boss
intellectualization	avoiding unacceptable emotions by focusing on the intellectual aspects	focusing on the details of a funeral as opposed to the sadness and grief
projection	placing unacceptable impulses in yourself onto someone else	when losing an argument, you state "You're just Stupid;" homophobia
rationalization	supplying a logical or rational reason as opposed to the real reason	stating that you were fired because you didn't kiss up to the boss, when the real reason was your poor performance
reaction formation	taking the opposite belief because the true belief causes anxiety	having a bias against a particular race or culture and then embracing that race or culture to the extreme
regression	returning to a previous stage of development	sitting in a corner and crying after hearing bad news; throwing a temper tantrum when you don't get your way
repression	pulling into the unconscious	forgetting sexual abuse from your childhood due to the trauma and anxiety
sublimation	acting out unacceptable impulses in a socially acceptable way	sublimating your aggressive impulses toward a career as a boxer; becoming a surgeon because of your desire to cut; lifting weights to release 'pent up' energy
suppression	pushing into the unconscious	trying to forget something that causes you anxiety