

Defense Mechanisms

Name _____ period _____

The use of defense mechanisms can keep you from recognizing and dealing with your true feelings. If you understand defense mechanisms you can make sure that you do not overuse these coping strategies.

For each defense mechanism give the definition, then read the situation that describes a situation of that defense mechanism, and record a sentence that gives a healthier response to cope with the situation.

Denial: _____

Situation: Your parents are getting divorced, but you act as though nothing is wrong, it does bother you. When friends express their concern, you laugh and tell them it does not bother you.

Healthier Strategy: _____

Compensation: _____

Situation: You are failing two classes in school. You compensate by becoming the 1st string quarterback on the school team.

Healthier Strategy: _____

Rationalization: _____

Situation: You got caught copying from a friend on a test and denied having done so.

Healthier Strategy: _____

Reaction Formation: _____

Situation: You forgot about a major homework assignment until the day it was due. You told your friends it was a dumb assignment and you were busy anyway and did not have time to do the assignment.

Healthier strategy: _____

Projection: _____

Situation: Your sister stepped on and broke your iPod, which was lying on the floor and you blamed her for being so clumsy.

Healthier Strategy: _____

Regression: _____

Situation: You are angry at your brother/sister for reading your diary. You scream at him/her and your parents, run into your room, and sulk.

Healthier Strategy: _____