## Defense Mechanisms Practice (1)

KEY: Please realize that it is possible that more than one defense mechanism fits a scenario. You may be able to justify a choice that is not listed as the correct answer.

Displacement	Even a top baseball player will sometimes strike out on an easy pitch. When this happens, his next action may be to throw his bat or kick the water cooler with all his might.
Repression	Soldiers exposed to traumatic experiences in concentration camps during wartime sometimes had amnesia and were unable to recall any part of their ordeal.
Reaction Formation	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.
Projection	Mrs. Brown often accuses other women of talking too much and spreading rumors. It is rather obvious to those who know her that she is revealing her own inclinations in that area.
Sublimation	Paul, an aggressive child, had problems in elementary school, as he would frequently fight with other chil-dren. Paul found when he entered high school that he could channel this hostility into sports such as foot-ball and soccer.
Rationalization	The habitual drinker may insist that he really doesn't care much for the taste of alcoho but feels that he is obliged to drink with friends "just to be sociable."
Displacement	Mrs. James can't understand why her husband has been so grumpy and irritable for the past week. It certainly isn't her fault that he didn't receive the anticipated promotion at the factory.
Sublimation	Parents might be reassured to know that children who pull wings off flies and jab pins in the dog may eventually find their niche in the areas of dentistry or surgery.
Regression	Mike is always trying to impress his pals with how strong and independent he has become. However, when Mike has social or emotional problems, he still wants his dad to figure out the solution.
Repression	A student forgot that his dreaded final exam in geometry was scheduled for Friday. This seemed unusual as the date of the exam had been marked on his calendar for several weeks.
Reaction Formation	A boy will sometimes react against the strong sexual attraction that he feels toward girls by becoming a confirmed "woman hater."
Displacement	The majority group of a culture may blame all the various ills of society on a small minority group. This is a process termed "scapegoating" and is a factor in racial and religious prejudice.
Projection	The individual who actually likes to have others do things for him may be quick to criticize other people for being dependent and lazy.
Rationalization	James Riley has suffered heavy financial losses recently while playing the stock market Upon trading his big luxury car for an old small car Jim informed his associates that he bought the cheaper car to do his part in the battle against air pollution.
Regression	David Walters recently lost his executive position in a large corporation. Rather than seek a new job, David finds comfort and escape through drinking, as alcohol helps him forget the details of being fired.

# **Applying Defense Mechanisms Worksheet Answers**

**Albert A Gayle** 

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