

DEFENSE MECHANISM WORKSHEET

<input type="checkbox"/>	Acting-out	The direct expression of impulses without any apparent reflection, guilt, or regard for negative consequences. (Whereas "acting-up" is a lay term for misbehavior, acting-out is a misbehavior that is a response to, and a way of coping with, stress or conflict.) After breaking up with his girlfriend, a teenager acts-out by impulsively overdosing.
<input type="checkbox"/>	Denial	The lack of awareness of external realities that would be too painful to acknowledge. It differs from repression (see below), which is a denial of internal reality. Denial may be temporarily adaptive or more extreme and pathological. For example, the same woman says, "I don't really have a lump on my breast."
<input type="checkbox"/>	Devaluation	The demeaning of another or oneself by the attribution of exaggerated negative qualities. By constantly ridiculing his competence, a patient devalues a therapist to avoid facing her sexual feelings toward him.
<input type="checkbox"/>	Displacement	The discharge of pent-up emotions, usually anger, onto objects, animals, or people perceived as less dangerous than those which originally induced the emotions. A man comes home after a bad day at work and kicks the dog.
<input type="checkbox"/>	Humor	The use of irony or amusing, incongruous, or absurd associations to reduce what otherwise might be unbearable tension or fear.
<input type="checkbox"/>	Idealization	The unwarranted praise of another or oneself by exaggerating virtues.
<input type="checkbox"/>	Identification	The unconscious modeling of another's attributes. It differs from role modeling and imitation, which are conscious processes. Identification is used to increase one's sense of self-worth, to cope with (possible) separation or loss, or to minimize helplessness.
<input type="checkbox"/>	Intellectualization	The overuse of abstract thinking, which, unlike rationalization (see Wow), is self-serving only in its aim to reduce psychic discomfort. Alcoholics use intellectualization when they quibble over the definition of alcoholism as a way of avoiding their drinking problem.
<input type="checkbox"/>	Introjection	The incorporation of other people's values, standards, or traits to prevent conflicts with, or threats from, these people.
<input type="checkbox"/>	Projection	The unconscious rejection of unacceptable thoughts, traits, or wishes by ascribing them to others.
<input type="checkbox"/>	Rationalization	The self-serving use of plausible reasons to justify actions caused by repressed, unacceptable emotions or ideas.
<input type="checkbox"/>	Regression	Retreat under stress to earlier or more immature patterns of behavior and gratification- On hearing terrible news, an adult begins sucking his thumb.
<input type="checkbox"/>	Repression	The exclusion from awareness of distressing feelings, impulses, ideas, or wishes. Repression is unconscious, suppression (see below) is conscious.
<input type="checkbox"/>	Splitting	The viewing of oneself or others as all good or all bad, as opposed to being a mixture of positive and negative attributes.
<input type="checkbox"/>	Suppression	The conscious and deliberate avoidance of disturbing matters.
<input type="checkbox"/>	Undoing	The use of behavior or thoughts to cancel or eradicate the effect of a previous act or thought associated with a painful idea, event, or emotion.