

Name _____

Hour _____

Defense Mechanisms Practice

Directions: Next to each of the statements below, indicate with the appropriate letter the defense mechanism that is illustrated.

A. Repression	E. Displacement
B. Regression	F. Sublimation
C. Reaction Formation	G. Projection
D. Rationalization	

- ___1. Even a top baseball player will sometimes strike out on an easy pitch. When this happens, his next action might be to throw his bat or kick the water cooler with all of his might.
- ___2. Soldiers exposed to traumatic experiences in concentration camps during wartime sometimes had amnesia and were unable to recall any part of their ordeal.
- ___3. 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.
- ___4. Mrs. Brown often accuses other women of talking too much and spreading rumors. It's rather obvious to those who know her that she is revealing her own inclinations in that area.
- ___5. Paul, an aggressive child, had problems in elementary school, as he would frequently fight with other students. Paul found that as he entered high school that he could channel this hostility into sports like football.
- ___6. The habitual drinker may insist that he doesn't really care much for the taste of alcohol but feels like he has to drink with friends "just to be sociable."
- ___7. Mrs. James can't understand why her husband has been so grumpy and irritable the last week. It's not her fault he didn't get the promotion he expected at the factory.
- ___8. Parents might be reassured to know that children who pull wings off flies and jab pins in the dog might eventually find their niche in the areas of dentistry or surgery.
- ___9. Mike is always trying to impress his friends 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.
- ___10. A student forgot that his dreaded final exam in geometry was scheduled for Friday. This seemed unusual because the date of the exam had been marked on his calendar for several weeks.
- ___11. A boy will sometimes react against the strong attraction he feels for girls by becoming a confirmed "woman hater"
- ___12. 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
- ___13. The individual who actually likes to have others do things for him may be quick to criticize others for being dependent and lazy.
- ___14. Jim has suffered heavy financial losses recently while playing the stock market. Upon trading his big luxury car for an older small car, Jim informed his associates that he bought the cheaper car to do his part to battle air pollution.
- ___15. David 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.
- ___16. Tory is apt to become annoyed when he recalls his earlier conviction as a Peeping Tom. Tory has left his sordid past behind and is now a busy photographer for a men's entertainment magazine.
- ___17. Joan has discovered an amazing coincidence in relation to her attendance at school. Every time a Spanish test is scheduled, she oversleeps and arrives at school too late for the class.

- ___18. Reformers may try to conduct campaigns against “dirty” books in order to hide their own interest in such material. They campaign to convince others of their own purity and goodness (think Josh Duggar).
- ___19. Margaret is convinced that she received a C in chemistry instead of an A because of widespread cheating by her fellow students. She is sure that she must be as capable in the chemistry course as in her other subjects.
- ___20. The young wife, after a bitter conflict with her husband, gives up her marriage as a failure and returns home to her parents. She takes on the role of the dependent child who expects unlimited love and indulgence.
- ___21. The high school teacher was criticized by the principal for having a disruptive class. When the teacher got home that night, he argued with his wife and kicked the dog.
- ___22. Adults who were molested during childhood often report that all of the details of the painful episode have been forgotten.
- ___23. It is possible that smokers have graduated from earlier stages of thumb-sucking or pencil chewing, neither of which would have been acceptable behavior in adult society. Smoking is a socially acceptable outlet for the oral need.
- ___24. The woman who wears revealing clothes to attract the attention of men, accuses other women who wear revealing clothes of being overly flirtatious with men.
- ___25. After Andrea was rejected by the admissions office at Yale, she claimed she wouldn’t enjoy attending such a large school anyway. Besides, she might get higher grades at a smaller, local college.
- ___26. Mary has secretly disliked her mother since she was a young child. As these feelings arouse anxiety, Mary usually tells friends she loves her mother very much.
- ___27. Roger is a heavy drinker but has managed to keep his behavior secret from his friends. He is sure that most people drink as much as he does.
- ___28. Bernice has never married and hasn’t been on a date in at least 50 years. She instead devotes her time and energy to writing poems.
- ___29. A number of psychologist believe that social crusaders who advocate various forms of social control may in reality be struggling with their own unconscious desires.
- ___30. A six year old child who gave up bedwetting at the age of 3, moves with his parents to a new neighborhood. During the stressful period of adjusting to his new home, he again wets the bed for several nights.
- ___31. The girl who wasn’t invited to the school dance told her friends she wouldn’t have attended if asked. She said that her teachers had assigned more homework than usual and that she was simply too busy for any unimportant social functions.
- ___32. It is typical for the person who is most difficult to convince in an argument to say that everyone else is stubborn.
- ___33. When a new baby arrives in the family, the older child will sometimes cry more than usual and be more insistent about receiving affection from the parents.
- ___34. Billy always teases and annoys his younger brother after he himself is disciplined by his parents.
- ___35. Mr. Martin carried around a letter in his coat pocket for weeks. The note which he somehow forgot to mail was an invitation to his mother-in-law to come visit the family for several months.