

## HANDOUT 14-4

## Defense Mechanisms

Next to each of the statements below indicate with the appropriate letter the defense mechanism that is illustrated. Use the following code.

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|-----------------------|-----------------|
| 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 may be to throw his bat or kick the water cooler with all 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 is 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 children. Paul found when he entered high school that he could channel this hostility into sports such as football and soccer.
- \_\_\_ 6. The habitual drinker may insist that he really doesn't care much for the taste of alcohol but feels that he is obliged to drink with friends "just to be sociable."
- \_\_\_ 7. 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.
- \_\_\_ 8. 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.
- \_\_\_ 9. 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.
- \_\_\_ 10. 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.
- \_\_\_ 11. A boy will sometimes react against the strong sexual attraction that he feels toward 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 other people for being dependent and lazy.
- \_\_\_ 14. 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.
- \_\_\_ 15. 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.
- \_\_\_ 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 now is a busy photographer for *Playboy* magazine.
- \_\_\_ 17. Joan has discovered an amazing coincidence in relation to her attendance at school. Every time a test in Spanish is scheduled, she oversleeps and arrives at school too late for the class.
- \_\_\_ 18. Reformers may conduct campaigns against pornographic literature in order to fight their own erotic interest in such material. They campaign to convince others of their own purity and goodness.