

10 Types of Defense Mechanisms

Lesson 3 Stress

1. **Daydreaming:** fantasizing to escape unpleasant reality...mental escape.

"I wish I was the lead singer in my own rock band."

2. **Compensations:** making up for a weakness in one area by overdoing in an area of strength.

"I'll be the best team manager ever...I don't play very well."

3. **Displacement:** transfer of emotions from one situation to another.

"I yelled at my sister...I was so frustrated by my homework."

4. **Identification:** assuming the qualities of others that you admire.

"I want to be just like _____...He's/she's soooo cool."

5. **Projection:** blaming others for your behavior.

"It's not my fault..._____ made me do it!"

6. **Rationalization:** making up reasons for your behavior.

"I was late because my Mom made me clean my room; the bus was late; the phone kept ringing."

7. **Substitution:** replacing a hard goal for an easier one

"I wanted to get an A in Science but it's too hard so I'll work at getting an A in History."

8. **Regression:** reverting to behaviors of younger people.

"I was so frustrated I just screamed and kept hitting the wall."

9. **Repression:** forgetting things that are unpleasant.

"I just don't remember."

10. **Denial:** refusing an emotion or problem.

"Nothing is wrong."

Assessment 3.5 Defense Mechanisms Scenarios:

Possible Points: 6

From the list of Defense Mechanisms

- Look back at your **Stress In My Day (3.1)** assessment. Choose three stressors that could be used to complete this assignment. You can also make up situations.
- Write a stress scenario that shows the correct use of each one. Make sure you are demonstrating the correct use of the defense mechanisms.