Part I. Understanding Defense Mechanisms

Review Freud's structures of personality and ego defense mechanisms in Chapter 11 then answer the questions below.

- 1. What develops when the demands of the id and superego threaten to overpower the ego?
- 2. What is the result when the id overpowers the ego? When the superego overpowers the ego?
- 3. What is the purpose of the ego defense mechanisms?

Then match the definition with the type of defense mechanism it describes.

Definition	Defense Mechanism
When adult defense mechanisms stop working for us, we regress to a personality we had at childhood.	
Overacting in the opposite way to a fear or reality.	Displacement
Unconscious pushing of unacceptable or threatening feelings out of	Regression
awareness to a point where he/she becomes unaware of it.	Projection
Refusal to acknowledge that an anxiety producing event has occurred.	Rationalization
Replacing an unacceptable action or thought with one that is acceptable.	Repression
	Reaction Formation
The person attributes one's own perceived negative attributes onto someone else.	Sublimation
The shifting of actions from a desired target to a substitute target	Undoing
when there is some reason why the first target is not permitted or not available.	Denial
Redirecting destructive urges into socially acceptable actions	
Justification of thoughts or actions with socially acceptable explanations, while hiding or ignoring one's true intentions.	

Part 2. What is the defense mechanism that is being used? Use each answer as many times as necessary. You can also create flash cards with these by using the table on the last page of this worksheet.

Displacement		Regression	Projection	Repression	
Reaction Formati	ion	Sublimation	Undoing	Denial	Rationalization
<u>Answer</u>			<u>Exampl</u>	<u>es</u>	
	Nicho	olas lost his track race	e and said, "I would h	ave won the rac	e but the track was wet."
	Bill bla	ames the instructor fo	or a bad grade when	he didn't study.	
	Otto	wins the lottery. He	turns to the person n	ext to him and	gives the person a big kiss.
	Veata suffered a mental breakdown and assumes the fetal position, rocking and crying. Fenecia is in a hurry and cut off another driver on the highway, then patiently waits at a stop light for a car to pull in front of her because she feels bad about cutting someone or earlier.				
		has an obsessive nee preneur.	d for control and ord	ler and starts up	a successful business
	-	is sure to take his ted tand each night.	ddy-bear with him to	his first year at	college and puts it on his
	Yvette	e is attracted to a fell	ow worker but accus	es him of sexua	I advances.
		is a womanizer and conships with men in h		nen, although he	e has had sexual
		s says to her mother, ne was asked.	"You are the worst 1	mom ever!" but	then cleans up her room
	-	e was abused by a pa as trouble forming rel		and still has no	recollection of the events,
	•	na has been a smoker g cigarette use to hea	•		des that the evidence

ophia found childbirth particularly painful but continues to have children (and each time he level of pain is surprising).
ulio evades paying taxes and justifies it by talking about how the government wastes noney.
Gizela is angry with a colleague but actually ends up being particularly courteous and riendly towards her.
After getting in a fight with his husband yesterday, Mark cooks his husband's favorite meal or dinner.
acob has extra-marital desires but takes up household repairs when his wife is out of own.
lichael was bullied at school today and kicked a hole in his wall when he got home.
Madison was fired this week for poor conduct but instead blames the boss because, "He is a jerk."
i was resentful that his wife became pregnant, but becomes very protective of the child fter it is born.
asir got in an oral argument with his neighbor and instead of hitting him he went to his ackyard and chopped firewood.
rik is having an affair but does not think about pregnancy or sexually transmitted iseases.
Chantal's boss reprimanded her at work and that night she yelled at her daughter for pilling a glass of water.
sther is an alcoholic but frequently says, "I may like to drink, but I'm not an alcoholic."
acob has extra-marital desires but takes up household repairs when his wife is out of own.
am cheats on his spouse and blames the spouse for cheating.
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Optional Activity: Cut out the table below and write the correct answer on the back to use as flashcards!

Nicholas lost his track race and said, "I would have won the race but the track was wet."	Bill blames the instructor for a bad grade when he didn't study.	Otto wins the lottery. He turns to the person next to him and gives the person a big kiss.
Veata suffered a mental breakdown and assumes the fetal position, rocking and crying.	Fenecia is in a hurry and cut off another driver on the highway, then patiently waits at a stop light for a car to pull in front of her because she feels bad about cutting someone off earlier.	Aisha has an obsessive need for control and order and starts up a successful business entrepreneur.
Toby is sure to take his teddy- bear with him to his first year at college and puts it on his nightstand each night.	Yvette is attracted to a fellow worker but accuses him of sexual advances.	Misha is a womanizer and openly criticizes gay men, although he has had sexual relationships with men in his past.
Alexis says to her mother, "You are the worst mom ever!" but then cleans up her room like she was asked.	Phillipe was abused by a parent as a young child and still has no recollection of the events, but has trouble forming relationships.	Tatyana has been a smoker for more than 10 years, but concludes that the evidence linking cigarette use to health problems is bogus.

Sophia found childbirth particularly painful but continues to have children (and each time the level of pain is surprising).	Julio evades paying taxes and justifies it by talking about how the government wastes money.	Gizela is angry with a colleague but actually ends up being particularly courteous and friendly towards her.
After getting in a fight with his husband yesterday, Mark cooks his husband's favorite meal for dinner.	Jacob has extra-marital desires but takes up household repairs when his wife is out of town.	Michael was bullied at school today and kicked a hole in his wall when he got home.
Madison was fired this week for poor conduct but instead blames the boss because, "He is a jerk."	Li was resentful that his wife became pregnant, but becomes very protective of the child after it is born.	Yasir got in an oral argument with his neighbor and instead of hitting him he went to his backyard and chopped firewood.
Erik is having an affair but does not think about pregnancy or sexually transmitted diseases.	Chantal's boss reprimanded her at work and that night she yelled at her daughter for spilling a glass of water.	Esther is an alcoholic but frequently says, "I may like to drink, but I'm not an alcoholic."
Jacob has extra-marital desires but takes up household repairs when his wife is out of town.	Sam cheats on his spouse and blames the spouse for cheating.	