

Defense Mechanisms

- 1- **Tim is a shop owner and a thief. He automatically accuses anyone who looks suspicious in his store of stealing. This is an example of what defense mechanism?**
 - a. Repression
 - b. Reaction Formation
 - c. **Projection**
 - d. Sublimation

- 2- **Karen decides to go out and party the whole week before her midterm instead of study. She fails her midterm, and tells her parents that she failed it due to being sick and not getting enough sleep. This is an example of what defense mechanism?**
 - a. **Rationalization**
 - b. Sublimation
 - c. Denial
 - d. Repression

- 3- **instead of taking out his anger on others, Nathan, when he gets really angry, plays the saxophone. This is an example of what defense mechanism?**
 - a. Repression
 - b. **Sublimation**
 - c. Denial
 - d. Reaction Formation

- 4- **enny blocks her bad memories of high school bullies from her mind. This is an example of what defense mechanism?**
 - a. Denial
 - b. Projection
 - c. **Repression**
 - d. Sublimation

- 5- **ames's favorite uncle passes away from a long battle with illness, but he refuses to believe that it happened. This is an example of what defense mechanism?**
 - a. **Denial**
 - b. Reaction Formation
 - c. Sublimation
 - d. Repression

- 6- **Betty is angry with Matt, but eventually she becomes friends and is nice to him. This is an example of what defense mechanism?**
 - a. **Reaction Formation**
 - b. Denial
 - c. Rationalization
 - d. Sublimation

- 7- "Bad things happened to me in my past, but I've unconsciously buried them deep in my mind." What defence mechanism am I demonstrating?
- Repression
 - Identification
 - Projection
 - Denial
- 8- "I'm so angry! I missed my bus, forgot my homework, and then I was late for work again which got me a warning. When I got home I punched a wall, screamed at my mum for burning the beans, (how can you burn beans?!). Then I kicked the cat." What defence mechanism am I displaying?
- Reaction Formation
 - Repression
 - Displacement
 - Rationalisation
- 9- "Everyone around me thinks they're big, funny and clever. They're all telling me my goldfish Swimmy has died. They even thought I'd be fooled by flushing a pretend one down the toilet. She's only hiding because she's cold. But it's ok... I put boiling water in there so she could warm up." What defence mechanism does this show?
- Withdrawal
 - Projection
 - Rationalisation
 - Denial
- 10- "I failed my maths exam, but I'm not that bothered. It wasn't my fault; it was Mr Lobb who can't teach. If he can't be bothered then why should I revise? I won't need maths in the future anyway." What defence mechanism does this display?
- Reaction Formation
 - Regression
 - Denial
 - Rationalisation
- 11- "There is this girl at work who I hate so much. She's intimidating, disrespectful and offensive. Strangely, she's now one of my best friends and we get on really well. Now I can't remember what I thought of her in the first place." What defence mechanism does this reveal?
- Projection
 - Withdrawal
 - Reaction Formation
 - Sublimation

12- "Argh, my mother-in-law has come to stay for the weekend and she's driving me crazy. I'm just staying out of the way by doing the housework and washing up so that I'm not dragged into an argument about how much of a bad wife and mother I am."

What defence mechanism does this illustrate?

- a. Rationalisation
- b. Repression
- c. Denial
- d. Sublimation

13- "The way she spoke to me was completely unacceptable, but she's going through a tough time at the moment. I'd react the same way if my mother had just died."

What defence mechanism am I expressing?

- a. Regression
- b. Repression
- c. Displacement
- d. Identification

14- "I'm sure my boyfriend has been cheating on me. When I find out he'll be sorry. Oh yeah and I need to buy my husband a birthday present..."

What defence mechanism am I experiencing?

- a. Withdrawal
- b. Projection
- c. Denial
- d. Reaction Formation

15- "It's so unfair! My mum doesn't care how much I cry and scream, she won't get me a car. She doesn't even care about me! She hates me!"

What defence mechanism does this demonstrate?

- a. Sublimation
- b. Rationalisation
- c. Repression
- d. Regression

16- "I split up with my boyfriend and everything reminds me of him. So I quit my job, dropped out of college and I don't go out anymore. Drugs and drink are the only way I can escape these thoughts."

What defence mechanism am I experiencing?

- a. Rationalisation
- b. Identification
- c. Withdrawal
- d. Projection

17- What is a defence mechanism?:

- a. Any form of martial arts.
- b. A mechanism designed to reduce stress and conflict caused by specific experiences.
- c. A method for negotiating a stage of development.
- d. A mechanism designed to remove psychological barriers.

18- What is the Id:

- a. Part of the psyche that controls impulses.
- b. Part of the psyche that reduces anxiety.
- c. A description of innate instinctual needs.
- d. Part of the psyche that controls our morals

19- What is an Ego defence mechanism :

- a. Part of the Ego state that prevents rational thinking.
- b. Part of the unconscious that attempts to control unacceptable Id influences.
- c. Part of the Ego state designed to reduce barriers.
- d. Part of the Ego state that aids development.

20- According to the psychoanalytic approach, an attempt to integrate values learned from parents and society is called

- a. The Id.
- b. Sublimation.
- c. The Oral stage.
- d. The Superego.

21- What is an example of regression :

- a. feelings of an ex-boyfriend
- b. denying something ever took place
- c. returning to an earlier age to cope with situation
- d. telling the truth

22- Forcing thoughts to remain unconscious in order to avoid the anxiety that would result if they were conscious is the definition of which Freudian defense mechanism :

- a. denial
- b. isolation
- c. repression
- d. projection

*** Use the following story to answer questions 1-3.

23- Tom and Sally have been dating for two years. Sally breaks up with Tom because he cheated on her with Betty. Sally tells her friend Kelly about Tom, but she tells her without showing any emotion. Tom continues to call Sally and treat her as he did when they were going out. Betty, who did not know about Sally, tells Tom that she is glad that he feels guilty for hurting Sally. She also tells him that it will take a long time to get over the guilt.

1. Sally is using _____ as a defense mechanism.

- a. repression
- b. denial
- c. projection
- d. isolation

2. Tom is using _____ as a defense mechanism.

- a. repression
- b. denial
- c. projection
- d. isolation

3. Betty is using _____ as a defense mechanism.

- a. repression
- b. denial
- c. projection
- d. isolation

24- Anna's husband dies, and she continues to set a place for him at the dinner table. This is an example of

- a. repression
- b. denial
- c. adaptation
- d. projection

25- The defense mechanism known as ____ involves attributing one's own undesirable feelings to other people.

- a. regression
- b. rationalization
- c. projection
- d. displacement

26- In psychoanalytic theory, _____ is the defense mechanism that involves expressing feelings toward a person who is less threatening than the person who is the true target.

- a. regression
- b. rationalization
- c. projection
- d. displacement