

**DEFENSE
MECHANISMS**

Get Psyched!

Name _____

Date _____ Period _____



Burt Brock says...

For each of the situations described below, identify which defense mechanism is operating.

1. Marty, a rather insecure young executive, leases a new BMW. Whenever he and his coworkers go out to lunch. Marty always offers to drive. _____
2. Sandy, a three year old who has been toilet trained for some time, starts wetting the bed after the birth of her baby sister, Erika. _____
3. Aaron has given up smoking quite recently and still craves cigarettes. After catching a slight cold, he smoked a few cigarettes, declaring that they improved his stuffy head. _____
4. Kevin found out that his girlfriend has been dating someone else. More than slightly irritated, he kicked a football through a picture window. _____
5. Juliet was very afraid of her temper and constantly tried to control it. As a child, she had beaten her baby sister but does not recall having done. _____
6. Although Reggie was never a good student, he was always proud of his career as a baseball player. _____
7. Harley received a letter from the college he had dreamed of attending, indicating that he did not meet the college's standards and was being denied admission. When asked by his teacher where he was going to school, he still answered proudly that he was going to attend that college.

8. Mrs. Smith's husband left her soon after the birth of their child, Adam. Unconsciously, she feels that the baby is the cause of the breakup of her marriage. Still, she smothers Adam with love and affection. _____
9. Buddy is very attracted to the girl who sits next to him in biology class. However, she is dating his best friend, and Buddy wouldn't think of interfering with their relationship. Fortunately, Buddy has physical education class right after biology and runs three laps around the track at the beginning of each PE class. _____
10. Damien wants to end his relationship with Carla. Instead of just telling her the truth, he accuses her wanting to break up with him. _____

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1. Marty, a rather insecure young executive, leases a new BMW. Whenever he and his coworkers go out to lunch. Marty always offers to drive. identification
2. Sandy, a three year old who has been toilet trained for some time, starts wetting the bed after the birth of her baby sister, Erika. regression
3. Aaron has given up smoking quite recently and still craves cigarettes. After catching a slight cold, he smoked a few cigarettes, declaring that they improved his stuffy head. rationalization
4. Kevin found out that his girlfriend has been dating someone else. More than slightly irritated, he kicked a football through a picture window. displacement
5. Juliet was very afraid of her temper and constantly tried to control it. As a child, she had beaten her baby sister but does not recall having done. repression
6. Although Reggie was never a good student, he was always proud of his career as a baseball player. compensation
7. Harley received a letter from the college he had dreamed of attending, indicating that he did not meet the college's standards and was being denied admission. When asked by his teacher where he was going to school, he still answered proudly that he was going to attend that college. denial
8. Mrs. Smith's husband left her soon after the birth of their child, Adam. Unconsciously, she feels that the baby is the cause of the breakup of her marriage. Still, she smothers Adam with love and affection. reaction formation
9. Buddy is very attracted to the girl who sits next to him in biology class. However, she is dating his best friend, and Buddy wouldn't think of interfering with their relationship. Fortunately, Buddy has physical education class right after biology and runs three laps around the track at the beginning of each PE class. sublimation
10. Damien wants to end his relationship with Carla. Instead of just telling her the truth, he accuses her wanting to break up with him. projection