**Defense Mechanisms According to Freud**

**1. Repression:** pushing ideas to your unconscious because they are too tough to deal with

**2. Rationalization:** Self-deception and distortion of ideas to justify unacceptable behavior

**3. Displacement:** taking out an impulse on a less threatening object

**4. Regression:** showing behavior from an earlier stage of development when a stressful situation occurs

**5. Reaction Formation:** act contrary to their true feelings in order to keep their true feelings hidden

**6. Denial:** a person refuses to accept the reality of anything that is bad or upsetting

**7. Sublimation:** channeling impulses into socially acceptable behaviors

**8. Projection:** dealing with your own impulses by projecting them onto other people

Place the number of the correct defense mechanism into the space provided.

1. A smoker refusing to believe that he/she is at risk of lung cancer. \_\_\_
2. A chronically cheating student explains, “I am not a cheater. I only cheat sometimes, I actually know the material.” \_\_\_
3. A son hides and forgets about a time when his father was abusive only to have the memory flash back in a fit of anger \_\_\_
4. An adolescent girl makes fun of a guy every day, even though she secretly has a crush on him. \_\_\_
5. A young man who is struggling with his own homosexuality goes around accusing his classmates of being “gay.” \_\_\_
6. A hostile individual takes it out her desires in a kickboxing class. \_\_\_
7. A woman becomes highly dependent on her parents after going through a painful divorce. \_\_\_
8. A football player who is angry after being yelled at by his coach, takes it out on his little brother. \_\_\_\_

