



Defense Mechanism Practice

Matching

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| a. Denial | d. Displacement |
| b. Reaction Formation | e. Repression |
| c. Regression | f. Projection |

- ___ 1. transferring feelings about a person or event onto someone or something else.
- ___ 2. replacing an unacceptable feeling or urge with its opposite
- ___ 3. refusing to acknowledge something that is obvious to others
- ___ 4. having a bias against a particular race or culture and then embracing that race or culture to the extreme
- ___ 5. keeping unpleasant thoughts, memories, and feelings shut up in the unconscious
- ___ 6. throwing a temper tantrum when you don't get your way
- ___ 7. forgetting sexual abuse from your childhood due to the trauma and anxiety
- ___ 8. if you have a strong dislike for someone, you might instead believe that he or she does not like you
- ___ 9. denying that your physician's diagnosis of cancer is correct and seeking a second opinion
- ___ 10. sitting in a corner and crying after hearing bad news
- ___ 11. Feeling anxiety over your own infidelity, you project these thoughts onto your boyfriend/girlfriend and begin to think they have thoughts of infidelity and may be cheating
- ___ 12. yelling at your spouse after an argument with your boss
- ___ 13. reverting to a more immature state of psychological development
- ___ 14. A young woman who finds herself attracted to other women proclaims that she hates lesbians and joins a vicious antigay group.
- ___ 15. You are failing psychology but ignore the teacher's warnings to turn work in because you do not believe you can fail.
- ___ 16. Despite the fact that you are terribly afraid of haunted houses you act tough and enter one with your boyfriend/girlfriend.
- ___ 17. Your boss yelled at you, you yelled at your co-worker, your co-worker yelled at his wife, his wife spanked the kid, and the kid kicked the dog.