

# 10 defense mechanisms essay

[Life](#), [Emotions](#)



**ASSIGN  
BUSTER**

Denial: Refusal to accept reality.

Difficulty accepting what is true. Ex) My family could not accept the fact that my niece was diagnosed with a fatal, cancerous brain tumor. Displacement: Emotion pointed on something that brings lesser risk.

Ex) When I got my first F in school I went and told my mom instead of my dad because she takes things lighter. Intellectualization: Focusing on only intellectual parts of a situation to avoid direct emotional ties with it Ex) My sister and “ Make a Wish Foundation” have done everything possible to keep my niece happy while she is still with us by taking her on a cruise and doing things my niece wants to do to avoid sadness. Projection: Asserting your unacknowledged thoughts & emotions to another. Ex) I assume this kid named David does not like me and my soccer buddies because we do not like how he is always staring when we walk by him and his friends. Staring Problems!!! )Rationalization: Creating false but credible justifications to protect self esteem. Ex) My buddy Kenny was fired from his job due to his no shows and always being late but he says it is because our managers have favorites.

Reaction Formation: Overacting in the opposite way to a fear. Kinda like hiding true feelings Ex) My manager at work is very bias towards some people, so she totally puts up a front when working with them. Regression: Doing something I would do now, that I did back when I was younger.

Ex) Just last week I threw a fit to my mom because I couldn't find my jacket. I had no reason to, since it's my responsibility to know where my things are.

Repression: Pulling thoughts into unconscious. Ex) My friend was sexually

abused as a child, so it is always difficult for her to trust someone enough to have sex with in a relationship. Sublimation: Using wrong urges into socially acceptable actions. Ex) When I am really mad at something I like to go for a run or go to the gym and work out instead of what I really want to do at that moment.

Suppression: Forcing the unwanted information out of our awareness. Ex) When things are rough with family situations, I like to spend most of my time with my friends so they can make me laugh and have fun without thinking of the family stuff that's going on.