

Psychodynamic Ego Defence Mechanisms

Using coloured pens, match up the defence mechanism to its description and example.

| Defence Mechanism | Description | Example |
|--------------------|---|--|
| Repression | Attribution of your own unacceptable faults or wishes to someone else. | A physically abusive parent claiming that a beating is 'good for the child'. |
| Projection | Diverting emotions from their original source towards a less dangerous one. | An 8 year old child whose parents are getting divorced who starts bed wetting. |
| Reaction-formation | Refusal to believe events or certain emotions being experienced are causing anxiety. | A young woman forcing the memories of sexual abuse into her unconscious mind. |
| Regression | Expressing unacceptable impulses into a socially acceptable substitute activity. | Taking out your anger with your parents on your younger sister. |
| Denial | The changing of unacceptable wishes and desires into the opposite in the conscious mind. The conscious thoughts and feelings are experienced as quite real. | An aggressive young man taking up rugby to re-channel his aggressive impulses. |
| Displacement | Finding excuses to justify actions which have unacceptable unconscious motives. | A young woman from a strict moral background becoming actively involved in an anti-pornography campaign. |
| Sublimation | Preventing unacceptable desires or emotions or traumatic memories from becoming conscious. | An alcoholic not admitting that they are dependent on alcohol. |
| Rationalization | Engaging in behaviour characteristic of an earlier stage of development. | A student who wishes to cheat on an upcoming exam interpreting the anxiety of other students as a desire to cheat on the exam. |