

Table 1. Some Common Defense Mechanisms<sup>a</sup>

Repression	Relegation of threatening wishes, needs, or impulses into unawareness
Projection	Attribution of conflicted thoughts or feelings to another or to a group of people
Denial	Refusal to appreciate information about oneself or others
Identification	Patterning of oneself after another
Projective identification	Attribution of unacceptable personality characteristics onto another followed by identification with that other
Regression	Partial return to earlier levels of adaptation to avoid conflict
Splitting	Experiencing of others as being all good or all bad, i.e., idealization or devaluation
Reaction formation	Transformation of an unwanted thought or feeling into its opposite
Isolation	Divorcing of a feeling from its unpleasant idea
Rationalization	Use of seemingly logical explanations to make untenable feelings or thoughts more acceptable
Displacement	Redirection of unpleasant feelings or thoughts onto another object
Dissociation	Splitting off of thought or feeling from its original source
Conversion	Transformation of unacceptable wishes or thoughts into body sensations
Sublimation	Mature mechanism whereby unacceptable thoughts and feelings are channeled into socially acceptable ones

<sup>a</sup> Defense mechanisms are involuntary and outside of awareness

Source: From Kay J, Kay RL: Individual psychoanalytic psychotherapy, in Psychiatry, 2nd ed. Edited by Tasman A, Kay J, Lieberman JA. Chichester, England, John Wiley and Sons Limited, 2003, Table 83-4, p 1702. Reproduced with permission

# Defense Mechanisms Worksheet

**Carole Wade, Sarah A. Rundle**

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*Instructor's Resource Manual to Accompany Psychology, Second Edition* [by] Carole Wade and Carol Tavris Carole  
Wade, Sarah A. Rundle, 1990     Instructors Manual and Test Bank Charlotte N. Markey, Howard Friedman, Miriam  
Schustack, 2002-07     **101 Defenses** Jerome S. Blackman, 2004 Sheets also included in pamphlet Quick definitions of 101  
defenses in approximate order of their first appearance during development Defense constellations characteristic of neurosis  
Defense constellations characteristic of borderline and psychosis Psychoanalytic diagnostic developmental considerations

Techniques and Guidelines for Social Work Practice Bradford W. Sheafor, Charles R. Horejsi, Gloria A. Horejsi, 1994

*Introduction to Health Occupations* Shirley A. Badasch, Doreen S. Chesebro, Shirley A Badasch, M.Ed., R.N., 1999-10  
Reinforces problem solving shells and critical thinking necessary for students embarking on a health care career a perfect  
compliment to the textbook     Journal of Psychosocial Nursing and Mental Health Services, 1999     **Psychiatric Case  
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