



DEFENSE MECHANISMS

- **Repression**

A past event is so traumatic that it is buried in the unconscious, and the person has no recollection of it happening.

- **Denial**

The conscious mind refuses to acknowledge the existence of a potential threat.

- **Regression**

Reverting to an earlier stage, in response to frustration or inability to cope.

- **Projection**

Externalisation of own unconscious desires onto others.

- **Reaction-formation**

Consciously feeling the opposite of what you truly unconsciously think.

- **Identification (with aggressor)**

Conflict and anger felt by being powerless against aggressor is dealt with by identifying strongly with aggressor e.g. embracing or adopting a style that you previously disliked

- **Sublimation**

Displacing sexual impulses into more socially acceptable channels.

- **Displacement**

Choosing a substitute object for the expression of your feelings because you cannot express them openly towards their real target.

- **Rationalisation**

Finding an acceptable excuse for something that is really quite unacceptable.