DEFENSE MECHANISMS

Identify the defense mechanism being used in the following statements.
1. After receiving a low grade on an exam, Phil slams the door as he leaves the classroom.
   ____________________

2. George feels that his younger son, Gary, is unattractive and not very smart. He accuses his wife of picking on Gary and favoring their other son. _______________

3. After Sue Ann’s baby brother was born, she began to talk baby-talk and to suck her thumb like she did when she was younger. _______________

4. Sixteen-year-old Tom had started using drugs, and the changes in his behavior made it pretty obvious, but Tom’s parents didn’t believe the school principal when she called to talk with them about the problem. _______________

5. Many people who were interred in concentration camps were unable to recall events that happened in the camp during their internment. _______________

6. Lucy dresses in provocative clothes and uses suggestive language although she fears that she is unattractive and she really isn’t very interested in sex. _______________

7. Mark behaves like a stereotypical “he-man,” but he is actually anxious and insecure about his gender identity. _______________

8. Marie wears those youthful clothes and fad hairdos. She apparently can’t see that she doesn’t look 30, or even 40, anymore. _______________

9. Trixie was homesick and anxious when she moved into the dormitory and started her first year in college. She began to sleep with her old teddy bear again because it made her feel better. _______________

10. Jason frequently visits adult bookstores, explaining that he wants to see the type of perverts who buy the porno trash they sell. _______________

11. Jack has had a really hard day at the office. He is particularly angry at his boss, Carlotta, because he found out today that he had been passed over for a promotion. When Jack gets home, his wife, Joellen, asks him what he would like for dinner and he yells at her for “bothering him with stupid questions.” _______________

12. John has a lot of unconscious hostility toward his father, but he is outwardly very affectionate toward him and tells other people that he and his father have a wonderful relationship. _______________
13. Kay takes advantage of other people when she thinks she can get away with it. People rarely take advantage of Kay because it is her belief that others will cheat you if they can, and she makes it her business to see that they don’t get an opportunity.

14. Most people who know Jonathan know that he is gay. However, his mother stopped speaking to her best friend because the friend told her that “parents should recognize and accept homosexuality in their children.”

15. During an argument, Sally told her husband that he was sexually inadequate and probably a latent homosexual. When he mentioned this several years later, she didn’t recall ever having said such things.

16. Whenever Ann and Tim have an argument, Ann goes to her parents’ house and tearfully tells them how mean Tim is to her. Her parents comfort her and assure her that they know the problem is not the fault of “their little girl.”

17. Michael is probably the biggest gossip in the office, but he frequently accuses others of talking too much and spreading rumors.

18. After a fight with her best friend, Penelope finds herself driving too fast and cutting off other drivers.

19. There was one defense mechanism not used in any of the above examples. Come up with an example of your own of this defense mechanism: