

Defense Mechanism Worksheet

Definition: Defense mechanisms function as self-sabotaging behaviors that protect us from being hurt by reality. These behaviors are unconscious and automatic.

1. Denial	2. Projection	3. Rationalization
4. Displacement	5. Splitting	6. Disavowal
7. Displacement	8. Fantasy	9. Regression

10. Choose one defense mechanism that you can identify, or keep the following definitions in mind: often used to protect the person that they are trying to protect from their own feelings.

Denial

11. Please write 3 negative things about your life right now. Write them down on a piece of paper. Now read the following statement: "I am not a failure."

Projection

12. Please list 3 things that are not true about your life right now. Write them down on a piece of paper. Now read the following statement: "I am not a failure."

Regression

13. Please list 3 things that are not true about your life right now. Write them down on a piece of paper. Now read the following statement: "I am not a failure."

Disavowal

14. Please list 3 things that are not true about your life right now. Write them down on a piece of paper. Now read the following statement: "I am not a failure."

Splitting

15. Please list 3 things that are not true about your life right now. Write them down on a piece of paper. Now read the following statement: "I am not a failure."

Displacement

16. Please list 3 things that are not true about your life right now. Write them down on a piece of paper. Now read the following statement: "I am not a failure."

Identifying Defense Mechanisms Answers

Ann Isaacs

Identifying Defense Mechanisms Answers:

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