

Defense Mechanisms Worksheet Answer Key PDF

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Part 1: Building a Foundation

What is the primary purpose of defense mechanisms?

undefined. A) To increase anxiety

undefined. B) To protect the ego from anxiety ✓

undefined. C) To enhance memory

undefined. D) To improve social skills

The primary purpose of defense mechanisms is to protect the ego from anxiety.

Which of the following are considered defense mechanisms? (Select all that apply)

undefined. A) Denial ✓

undefined. B) Meditation

undefined. C) Repression ✓

undefined. D) Exercise

Denial and repression are examples of defense mechanisms.

Define the term "defense mechanism" in your own words.

A defense mechanism is a psychological strategy used to cope with reality and maintain self-image.

List four types of defense mechanisms.

1. Type 1

Denial

2. Type 2

Repression

3. Type 3

Projection

4. Type 4

Displacement

Examples include denial, repression, projection, and displacement.

Which defense mechanism involves attributing one's own unacceptable thoughts to others?

undefined. A) Displacement

undefined. B) Projection ✓

undefined. C) Regression

undefined. D) Sublimation

The defense mechanism that involves attributing one's own unacceptable thoughts to others is projection.

Part 2: Comprehension and Interpretation

Which of the following statements about defense mechanisms are true? (Select all that apply)

undefined. A) They are always conscious processes.

undefined. B) They can be adaptive or maladaptive. ✓

undefined. C) They help manage internal conflicts. ✓

undefined. D) They are only used by adults.

Defense mechanisms can be adaptive or maladaptive and help manage internal conflicts.

Explain how repression might manifest in an individual's behavior.

Repression may manifest as forgetfulness, avoidance of certain topics, or emotional numbness.

Which defense mechanism involves reverting to an earlier stage of development in response to stress?

undefined. A) Regression ✓

undefined. B) Rationalization

undefined. C) Reaction Formation

undefined. D) Intellectualization

The defense mechanism that involves reverting to an earlier stage of development is regression.

Part 3: Application and Analysis

In which scenarios might sublimation be considered an adaptive defense mechanism? (Select all that apply)

undefined. **A) Channelng aggressive impulses into sports ✓**

undefined. B) Ignoring a problem at work

undefined. **C) Writing music to express emotions ✓**

undefined. D) Blaming others for personal failures

Sublimation can be adaptive when channelled into sports or creative activities.

Describe a real-world situation where displacement might occur and explain its potential impact.

Displacement might occur when someone takes out their frustration from work on a family member, leading to conflict.

A student who fails a test blames the teacher for not explaining the material well. Which defense mechanism is this an example of?

undefined. A) Denail

undefined. B) Projection

undefined. **C) Rationalization ✓**

undefined. D) Compensation

This is an example of rationalization, where the student justifies their failure by blaming the teacher.

Analyze the following scenario: A person who is angry at their boss comes home and yells at their family. Which defense mechanisms are likely at play? (Select all that apply)

undefined. **A) Displacement ✓**

undefined. B) Repression

undefined. C) Projection

undefined. D) Reaction Formation

Displacement is likely at play, as the person is redirecting their anger towards their family.

Compare and contrast repression and denial, highlighting their differences and similarities.

Repression involves unconsciously blocking out painful thoughts, while denial is a conscious refusal to accept reality.

Part 4: Evaluation and Creation

Evaluate the effectiveness of using intellectualization as a defense mechanism in stressful situations. Which of the following are potential outcomes? (Select all that apply)

undefined. **A) Reduced emotional distress ✓**

undefined. **B) Avoidance of addressing the root cause ✓**

undefined. **C) Increased anxiety over time ✓**

undefined. D) Improved problem-solving skills

Intellectualization can reduce emotional distress but may also lead to avoidance of the root cause.

Propose a strategy for someone to become more aware of their use of defense mechanisms and suggest ways to address them constructively.

A strategy could involve journaling to reflect on emotional responses and seeking feedback from trusted individuals.

Which defense mechanism might be most beneficial in a therapeutic setting to help someone channel negative impulses into positive actions?

undefined. **A) Sublimation ✓**

undefined. B) Denial

undefined. C) Regression

undefined. D) Projection

Sublimation is often seen as beneficial in therapy for channeling negative impulses into constructive activities.