

Defense Mechanisms Worksheet

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Part 1: Building a Foundation
What is the primary purpose of defense mechanisms?
Hint: Think about the role of defense mechanisms in psychological processes.
A) To increase anxietyB) To protect the ego from anxietyC) To enhance memory
O) To improve social skills
Which of the following are considered defense mechanisms? (Select all that apply)
Hint: Consider common psychological terms related to coping strategies.
☐ A) Denail
☐ B) Meditation
C) Repression
□ D) Exercise
Define the term "defense mechanism" in your own words.
Hint: Think about how defense mechanisms function in psychology.

List four types of defense mechanisms.



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Hint: Consider common terms used in psychology.
1. Type 1
2. Type 2
2. 1760 2
3. Type 3
4. Type 4
Which defense mechanism involves attributting one's own unacceptable thoughts to others?
Hint: Think about how people might project their feelings onto others.
A) Displacement
B) Projection
C) Regression
O) Sublimation
Part 2: Comprehension and Interpretation
Which of the following statements about defense mechanisms are true? (Select all that apply)
Hint: Consider the nature and function of defense mechanisms.
A) They are always conscious processes.
B) They can be adaptive or maladaptive.
C) They help manage internal conflicts.
D) They are only used by adults.
Explain how repression might manifest in an individual's behavior.

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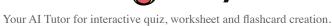
Hint: Think about how repressed memories or feelings can affect actions.



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Which defense mechanism involves reverting to an earlier stagestress?	e of development in response to
Hint: Consider how children might react to stressful situations.	
A) Regression	
B) Rationalization	
○ C) Reaction Formation○ D) Intellectualization	
Part 3: Application and Analysis	
n which scenarios might sublimation be considered an adaptiv	a defence mechanism? (Select all
hat apply)	e delense mechanism: (Select an
Hint: Think about positive outlets for negative feelings.	
A) Channelng aggressive impulses into sports	
B) Ignoring a problem at work	
C) Writing music to express emotions	
D) Blaming others for personal failures	
Describe a real-world situation where displacement might occu	r and explain its potential impact.
Hint: Think about how emotions can be redirected.	

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mechanism is this an example of?
Hint: Consider how blame can be shifted in this scenario.
○ A) Denail
O B) Projection
○ C) Rationalization
O) Compensation
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)
Hint: Consider how emotions can be redirected towards others.
A) Displacement
☐ B) Repression
C) Projection
D) Reaction Formation
Compare and contrast repression and denial, highlighting their differences and similarities.
Hint: Think about how both mechanisms deal with uncomfortable feelings.
Part 4: Evaluation and Creation
- L valuation and oreation
Evaluate the effectiveness of using intellectualization as a defense mechanism in stressful
situations. Which of the following are potential outcomes? (Select all that apply)
Hint: Consider the pros and cons of intellectualization.
A) Reduced emotional distress
☐ B) Avoidnace of addressing the root cause
C) Increased anxiety over time

A student who fails a test blames the teacher for not explaining the material well. Which defense



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D) Improved problem-solving skills			
Propose a strategy for someone to become more aware of their use of defense mechanisms and suggest ways to address them constructively.			
Hint: Think about self-reflection and mindfulness techniques.			
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Which defense mechanism might be most beneficial in a therapeutic setting to help someone			
channel negative impulses into positive actions? Hint: Consider mechanisms that promote healthy coping.			
○ A) Sublimation			
○ B) Denail			
○ C) Regression			
OD) Projection			