

Defense Mechanisms Worksheet Questions and Answers PDF

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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 anxiety B) To protect the ego from anxiety ✓ C) To enhance memory 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)
Hint: Consider common psychological terms related to coping strategies.
 A) Denail ✓ B) Meditation C) Repression ✓ D) Exercise Denail and repression are examples of defense mechanisms.

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

Hint: Think about how defense mechanisms function in psychology.



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A defense mechanism is a psychological strategy used to cope with reality and maintain self-image.
List four types of defense mechanisms.
Hint: Consider common terms used in psychology.
1. Type 1
Denail
2. Type 2
Repression
3. Type 3
Projection
4. Type 4
_
Displacement



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	Examples include denial, repression, projection, and displacement.
W	nich defense mechanism involves attributting one's own unacceptable thoughts to others?
000	nt: Think about how people might project their feelings onto others. A) Displacement B) Projection ✓ C) Regression D) Sublimation
Pa	The defense mechanism that involves attributting one's own unacceptable thoughts to others is projection. art 2: Comprehension and Interpretation
W	nich of the following statements about defense mechanisms are true? (Select all that apply)
	nt: 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.
I	Defense mechanisms can be adaptive or maladaptive and help manage internal conflicts.
Ex	plain how repression might manifest in an individual's behavior.
Hin	nt: Think about how repressed memories or feelings can affect actions.
I	Repression may manifest as forgetfulness, avoidance of certain topics, or emotional numbness.

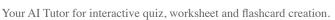


stress?
Hint: Consider how children might react to stressful situations.
 A) Regression ✓ B) Rationalization C) Reaction Formation D) Intellectualization
The defense mechanism that involves reverting to an earlier stage of development is regression.
Part 3: Application and Analysis
In which scenarios might sublimation be considered an adaptive defense mechanism? (Select all that apply)
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
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.
Hint: Think about how emotions can be redirected.
Displacement might occur when someone takes out their frustration from work on a family

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

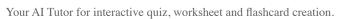
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member, leading to conflict.





A student who fails a test blames the teacher for not explaining the material well. Which defense mechanism is this an example of?		
Hint: Consider how blame can be shifted in this scenario.		
○ A) Denail		
○ B) Projection		
○ C) Rationalization ✓		
O) 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)		
Hint: Consider how emotions can be redirected towards others.		
 A) Displacement ✓ B) Repression C) Projection D) Reaction Formation 		
Displacement is likely at play, as the person is redirectng their anger towards their family.		
Compare and contrast repression and denial, highlighting their differences and similarities.		
Hint: Think about how both mechanisms deal with uncomfortable feelings.		
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)

Hin	t: Consider the pros and cons of intellectualization.
	A) Reduced emotional distress ✓
	B) Avoidnace of addressing the root cause ✓
	C) Increased anxiety over time ✓
	D) Improved problem-solving skills
	Intellectualization can reduce emotional distress but may also lead to avoidance of the root cause.
	pose a strategy for someone to become more aware of their use of defense mechanisms and gest ways to address them constructively.
Hin	t: Think about self-reflection and mindfulness techniques.
	A strategy could involve journaling to reflect on emotional responses and seeking feedback from trusted individuals.
	ich defense mechanism might be most beneficial in a therapeutic setting to help someone innel negative impulses into positive actions?
Hin	t: Consider mechanisms that promote healthy coping.
	A) Sublimation ✓
	B) Denail
	C) Regression
\bigcup	D) Projection
	Sublimation is often seen as beneficial in therapy for channelng negative impulses into constructive activities.