**Defense Mechanisms/Anger** Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_ 1. Compensation A. Failure to accept/acknowledge reality

\_\_\_\_\_ 2. Denial B. Blocking out unpleasant memories

\_\_\_\_\_ 3. Displacement C. An excuse or justification

\_\_\_\_\_ 4. Projection D. Expressing the opposite of what you feel

\_\_\_\_\_ 5. Escape E. Using childlike behaviors to express

emotions or frustrations

\_\_\_\_\_ 6. Rationalization F. Taking your frustrations out on someone

other than the source/cause

\_\_\_\_\_ 7. Sublimation G. Rechanneling negative feelings or behavior

into a more socially acceptable alternative

\_\_\_\_\_ 8. Reaction Formation H. Overachieving in one area to cover a

weakness in another area

\_\_\_\_\_ 9. Anger I. Assigning your negative thoughts and

feelings to someone else

\_\_\_\_\_ 10. Regression J. Converting emotions into physical symptoms

\_\_\_\_\_ 11. Somatization K. Using imagination or daydreaming to

avoid unpleasantness

\_\_\_\_\_ 12. Repression L. Often a smokescreen for hurt or fear