**Defense Mechanisms**

Defense Mechanisms are defined as certain specific means by which the ego unconsciously protects itself against unpleasant impulses or circumstances. Remember, the ego is the part of your personality must in touch with reality, or what is happening right now in your life. The ego’s job is so difficult that all people resort to psychological defenses. Rather than face intense frustration, conflict, or feelings of unworthiness, people deceive themselves into believing nothing is wrong. If the demands of the Id (the part of the unconscious personality that contains our needs, drives, instincts, and repressed material) and the ego cannot be resolved, it may be necessary to distort reality.

**Directions**: Define the specific defense mechanism on the line below the term. At the bottom of the page tell me which defense mechanism you use the most and why do you think you use them?

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| **Rationalization** |
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| **Repression** |
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| **Denial** |
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| **Projection** |
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| **Reaction Formation** |
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| **Regression** |
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| **Displacement** |
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| **Sublimation**  |
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Which defense mechanisms do you use the most and why?