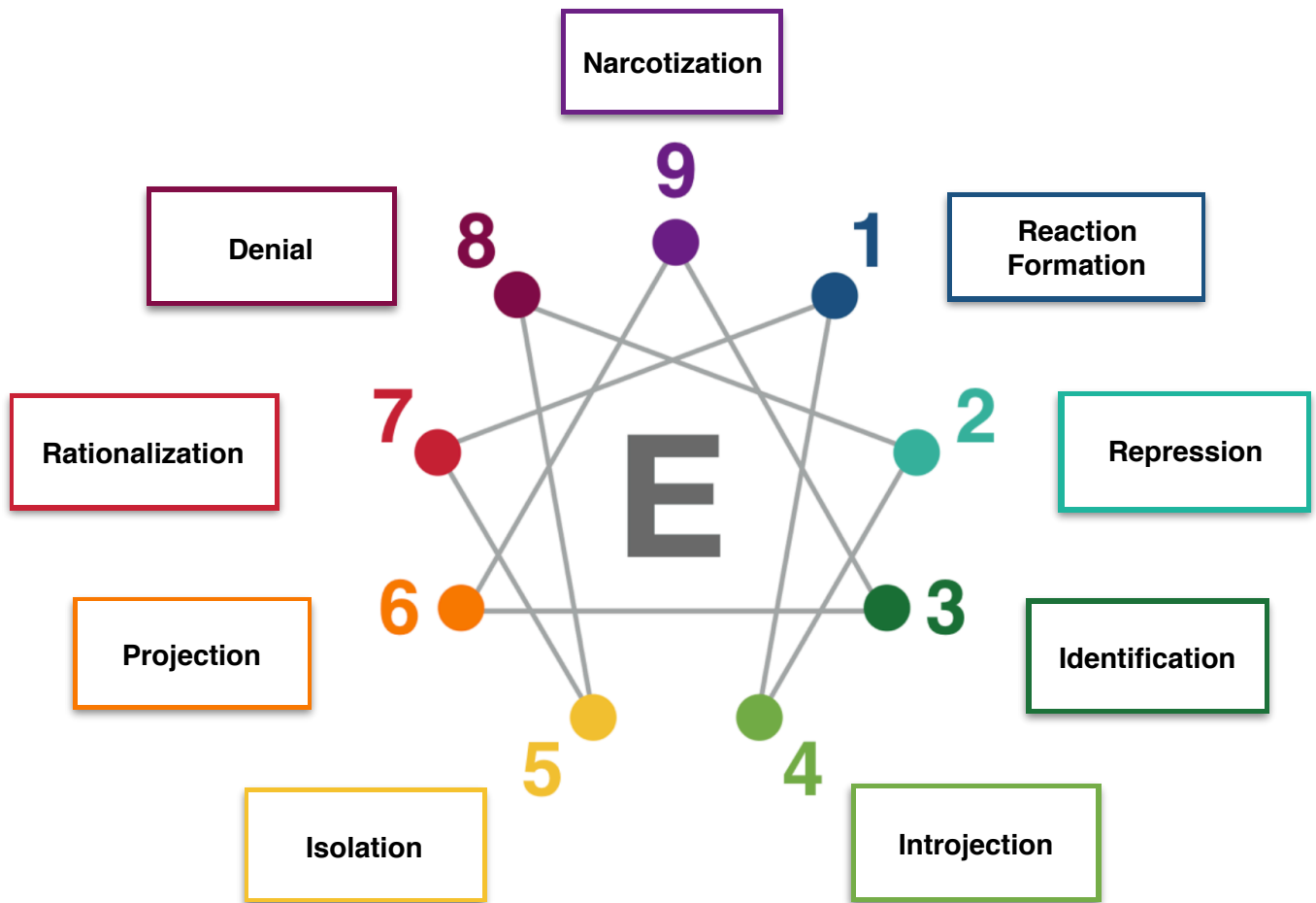


# Defense Mechanism



# Defense Mechanisms

## Type 1

### Reaction Formation

- People who try to reduce or eliminate anxiety caused by their own thoughts, feelings, or behaviors that they consider being unacceptable, so they react in a manner that is the opposite of what they are feeling.

## Type 2

### Repression

- People who hide information about themselves from themselves. This information can be feelings, desires, wishes, aversions, fears, and needs. These are too difficult to acknowledge consciously so they push it down inside themselves in order to control it.

## Type 3

### Identification

- These people unconsciously incorporate attributes and characteristics of another person into their own personality and sense of self as a way of bolstering their self-esteem by forming an imaginary or real alliance with the person they admire.

## Type 4

### Introjection

- Instead of repelling critical information and negative experiences that cause anxiety or pain, they introject the information. This means that they fully absorb, internalize, and incorporate the data into their sense of self.

## Type 5

### Isolation

- People who avoid feeling overwhelmed and empty by isolating themselves, retreating into their minds, cutting themselves off from their feelings and other people and compartmentalizing their life (separating each part of their life).

## Type 6

### Projection

- People who unconsciously attribute their own unacceptable, unwanted, or disowned thoughts, emotions, motivations, attributes, and/or behaviors to others.

## Type 7

### Rationalization

- People who explain their thoughts, feelings, and behaviors to themselves and others in a way that completely avoids or obscures their true motivations, intentions, or the effects of their behavior. They normally turn a negative into a positive.

## Type 8

### Denial

- People who unconsciously negate something that makes them feel anxious by disavowing its very existence. This can be thoughts, feelings, wishes, sensations, needs or even relationships that are dissatisfactory or upsetting to them.

## Type 9

### Narcotization

- People who unconsciously numb themselves to avoid something that feels too large, complex, difficult, or uncomfortable to handle by engaging in routines that are familiar and require very little attention and provide comfort.