

LEARNING OPPORTUNITY: DEFENSE MECHANISMS

Listed below are examples of behaviors that typify a defense mechanism at work. The chart and this [website](#) to provide the defense mechanism that is most appropriate to the given behavior. **Some behaviors do *not* typify defense mechanisms** and should be noted NA (not applicable).

1. John thought that almost everyone but himself was cheating on the psychology exam.
2. Lisa was embarrassed when she kept forgetting her appointment with the dentist.
3. Although Joan had not been very close to her mother during her childhood, she was now so over solicitous of her mother's health and comfort that she was finding her own marriage was being threatened.
4. After her new baby brother came home from the hospital, the parents discovered Cheryl had dismembered her favorite doll.
5. A student attributed his flunking out of the university to the poor quality of teaching there.
6. Through incredible hard work and perseverance, the 50-year-old spinster becomes a famous artist.
7. Evan found himself distracted in his history class by his rich imagination about exploits with the blonde sitting in front of him.
8. Tommy began wetting his pants again after the birth of his baby brother.
9. A prisoner of war began acting in a manner similar to his brutal captors.
10. Although not very tall, Lance became quite skilled as a boxer.
11. Chuck became extremely nervous during college exams and sweated profusely.
12. Two years after breaking off his relationship with Julie, Rick fails to even recognize her at a party.
13. A White racist claims that all Blacks are oversexed.
14. A mother spansks her child too often because she says it will teach him right from wrong.
15. At the sign of the slightest illness, Gayle's husband went to bed and stayed there.
16. Mark slams the door to the classroom after failing the exam.
17. After an unsuccessful attempt at a sexual relationship, Tim began devoting most of his energies toward church activities.
18. The "old maid" looked under her bed every night fearing a man might be hiding there.
19. Paula reduced her anxiety about her physics exam by studying twice as long as necessary.
20. Curt began assuming many of the behaviors and characteristics of the professor he most feared.