Defense Mechanism Examples

Denial- I know someone who doesn't believe he has an alcohol problem, even though he can't go more than 4 hours without drinking.

Displacement- Sometimes I get mad at someone and instead of expressing my feelings with that person I take it out with anger on someone else.

Projection- If I can do something I think that everyone else should be able to do it as well.

Rationalization- We lost the game because we were unfocused and didn't care but I told my friends we lost because we didn't have our best player.

Reaction Formation- My brother feels insecure about his masculinity, so he acts overly aggressive towards people.

Regression- After my grandpa died, I kept the stuffed animal he gave me with me for weeks.

Repression- My friend can't remember her mom's stroke, even though she was there.

Sublimation- My friend's mom's dad was killed by a hit and run and she channels the anger by going to therapy.