

Defense Mechanism	Definition	Advantages & Disadvantages
Repression	Pushing a painful event or thought out of consciousness	Ad. – helpful in short run because it lets us survive the traumatic event Dis. – it can obscure the origin of present problems
Denial	Refusing to admit there is a problem	Ad. – as a first response, lessens the impact of trauma Dis. – can lead a person to not take responsibility for their actions
Displacement	Venting feelings onto something or someone other than the true or original target	Ad. – can protect a person when venting at true target could be harmful Dis. – allows a person to avoid facing problems and hurts innocent people
Reaction Formation	Expressing the opposite of what a person feels	Ad. – protects a person from consequences of true feelings Dis. – true feelings may grow out of control
Intellectualization	Removing feelings about an event and discussing it in a coolly rational and unemotional way	Ad. – helps a person stay calm and in control Dis. – refusing to express emotions gives the person more power, not less
Identification with the aggressor	Taking on characteristics of someone who has mistreated a person in order to psychologically avoid the abuse	Ad. – causes the victim to feel more powerful Dis. – can cause the victim to repeat the abusive behavior and then feel guilty
Regression	Going backward in behavior and thought to a period when a person was taken care of as a child	Ad. – can create comfort if someone responds Dis. – tends to make other reject the victim

Rationalization	Explaining away a problem so that a person doesn't have accept the blame	<p>Ad. – can get rid of problems a person can't do anything about</p> <p>Dis. – allows a person to avoid responsibility</p>
Projections	Attributing thoughts to someone else	<p>Ad. – relieves personal negative feelings</p> <p>Dis. – allows a person to avoid facing things about themselves they should change</p>
Sublimation	Channeling emotional energy into constructive or creative activities	<p>Ad. – allows a person to turn something negative into something positive</p> <p>Dis. – NONE!</p>