

Defense Mechanisms

Compensation · reference list

Research-informed use. Use model-specific questions as collaborative invitations. Metaphors, “parts,” or inferred dynamics are not literal anatomy or established facts. Experiential work requires consent, pacing, and clinical judgment.

QUICK-REFERENCE LIBRARY

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|---|---|
| ● COMPENSATION Strengthening one aspect of yourself to hide another | ● FORMATION Behaving in a way that is |
| ● IDENTIFICATION Unconsciously developing another persons behaviour | ● opposite to your true |
| ● pattern | ● eelings |
| ● RATIONALIZATION | ● RITUAL & |
| ● Excusing and justifying | ● UNDOING |
| ● your behaviour | ● Covering up a negative behaviour with something |
| ● REPRESSION | ● positive |
| ● Suppressing unwanted | ● DISPLACEMENT Taking strong feelings out |
| ● thoughts and urges from | ● on someone else |
| ● your consciousness | ● PROJECTION |
| ● DENIAL | ● Asctibirig your own negative qualities and faults |
| ● Refusing te accept a | ● onto others |
| ● negative behaviour in | ● REGRESSION |
| ● yourself | ● Using previous developmental behaviours to |
| ● INTROJECTION | ● cope with stress |
| ● Conforming feelings to | ● SUBLIMATION |
| ● seek approva | ● Diverting a negative |
| ● REACTION | ● behaviour into somethin: more positively acceptable |