

55-4

1. According to Freud, what role do defense mechanisms serve? Which part of the personality is responsible for controlling defense mechanisms?

2. Using Table 55.2, define each defense mechanism in your own words and come up with a new example to illustrate how each defense mechanism might manifest itself.

Defense Mechanism	Definition in Your Own Words	Example
Regression		
Reaction formation		
Projection		
Rationalization		
Displacement		
Sublimation		
Denial		

Repression

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1. Briefly outline Karen Horney's beliefs about personality formation and discuss the ways in which her theories agreed and disagreed with Sigmund Freud's. Make sure to use the key terms associated with Horney's theory in your response.
2. Briefly describe Alfred Adler's beliefs about personality formation and discuss the ways in which his theories agreed and disagreed with Sigmund Freud's. What childhood conditions in Adler's life may have influenced his theories?
3. Briefly outline Carl Jung's beliefs about personality formation and discuss the ways in which his theories agreed and disagreed with Sigmund Freud's. Explain the concepts that add to Freud's levels of consciousness and the symbols which Jung believes tie all cultures together.
4. Which aspects of Freud's theories have been retained and which have been refuted by today's psychodynamic theorists? How do psychodynamic psychologists differ from traditional psychoanalytic psychologists?

Name _____ Period _____ Date _____

HANDOUT 10-4

Defense Mechanisms

Next to each of the statements below indicate with the appropriate letter the defense mechanism that is illustrated. Use the following code:

- | | |
|-----------------------|-----------------|
| A. Repression | E. Displacement |
| B. Regression | F. Sublimation |
| C. Reaction Formation | G. Projection |
| D. Rationalization | |

- ___ 1. Even a top baseball player will sometimes strike out on an easy pitch. When this happens, his next action may be to throw his bat or kick the water cooler with all his might.
- ___ 2. Soldiers exposed to traumatic experiences in concentration camps during wartime sometimes had amnesia and were unable to recall any part of their ordeal.
- ___ 3. The mother of an unwanted child may feel guilty about not welcoming her child. As a result, she may try to prove her love by becoming overindulgent and overprotective of the child.
- ___ 4. Mrs. Brown often accuses other women of talking too much and spreading rumors. It is rather obvious to those who know her that she is revealing her own inclinations in that area.
- ___ 5. Paul, an aggressive child, had problems in elementary school, as he would frequently fight with other children. Paul found when he entered high school that he could channel this hostility into sports such as football and soccer.
- ___ 6. The habitual drinker may insist that he really doesn't care much for the taste of alcohol but feels that he is obliged to drink with friends "just to be sociable."
- ___ 7. Mrs. James can't understand why her husband has been so grumpy and irritable for the past week. It certainly isn't her fault that he didn't receive the anticipated promotion at the factory.
- ___ 8. Parents might be reassured to know that children who pull wings off flies and jab pins in the dog may eventually find their niche in the areas of dentistry or surgery.
- ___ 9. Mike is always trying to impress his pals with how strong and independent he has become. However, when Mike has social or emotional problems, he still wants his dad to figure out the solution.
- ___ 10. A student forgot that his dreaded final exam in geometry was scheduled for Friday. This seemed unusual as the date of the exam had been marked on his calendar for several weeks.
- ___ 11. A boy will sometimes react against the strong attraction that he feels toward girls by becoming a confirmed "woman hater."
- ___ 12. The majority group of a culture may blame all the various ills of society on a small minority group. This is a process termed "scapegoating" and is a factor in racial and religious prejudice.
- ___ 13. The individual who actually likes to have others do things for him may be quick to criticize other people for being dependent and lazy.
- ___ 14. James Riley has suffered heavy financial losses recently while playing the stock market. Upon trading his big luxury car for an old small car, Jim informed his associates that he bought the cheaper car to do his part in the battle against air pollution.
- ___ 15. David Walters recently lost his executive position in a large corporation. Rather than seek a new job, David finds comfort and escape through drinking, as alcohol helps him forget the details of being fired.
- ___ 16. Tory is apt to become annoyed when he recalls his earlier conviction as a stalker. Tory has left his sordid past behind and now is a busy photographer for *Playboy* magazine.
- ___ 17. Joan has discovered an amazing coincidence in relation to her attendance at school. Every time a test in Spanish is scheduled, she oversleeps and arrives at school too late for the class.

HANDOUT 10-4 (continued)

- 18. Reformers may conduct campaigns against pornographic literature in order to fight their own erotic interest in such material. They campaign to convince others of their own purity and goodness.
- 19. Margaret is convinced that she received a "C" in her chemistry class instead of an "A" because of widespread cheating by her fellow students. She is sure that she must be as capable in the chemistry course as in her other subjects.
- 20. The young wife, after a bitter conflict with her husband, gives up her marriage as a failure and returns to the home of her parents. She again takes on the role of the dependent child who expects unlimited love and indulgence.
- 21. The high school teacher was criticized by the principal for having a disruptive class. When the teacher got home that night, he argued with his wife and kicked the dog.
- 22. Adults who were sexually molested during childhood often report that all the details of the painful episode have been forgotten.
- 23. It is possible that gum chewers have graduated from earlier stages of thumb-sucking and pencil-chewing, neither of which would be acceptable behavior in adult society. Chewing gum is a socially acceptable outlet for the oral need.
- 24. The flirtatious woman may feel that most other women exhibit teasing behavior or wear revealing clothes.
- 25. After John was rejected by the admissions office at Yale, he claimed that he wouldn't enjoy attending such a large school anyway. Besides, he might receive higher grades at a smaller local college.
- 26. Mary has secretly disliked her mother since she was a young child. As these feelings arouse anxiety, Mary usually tells friends that she loves her mother very much.
- 27. Roger is a heavy drinker but has managed to keep this behavior a secret from his friends. He is sure that most people actually drink as much as he does.
- 28. One psychological theory holds that the desire for intimacy, if frustrated or blocked, may eventually find expression in painting or the writing of poetry.
- 29. A number of psychologists believe that social crusaders who advocate various forms of social control may in reality be struggling with their own unconscious desires.
- 30. A 6-year-old child, who gave up bed-wetting at the age of 3, moves with his parents to a new neighborhood. During the stressful period of adjusting to his new home, he again wets the bed for several nights.
- 31. The girl who was not invited to the school dance told her friends that she would not have attended if asked. She said that her teachers had assigned more homework than usual and that she was simply too busy for any unimportant social functions.
- 32. It is typical for the person who is most difficult to convince in an argument to say that everyone else is stubborn.
- 33. When a new baby arrives in the family, the older child will sometimes cry more than usual and be more insistent about receiving caresses from the parents.
- 34. Billy always teases and annoys his younger brother after he himself is disciplined by his parents.
- 35. Mr. Martin carried around a letter in his coat pocket for weeks. The note, which he somehow neglected mailing, was an invitation to his mother-in-law to visit the family for several months.

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Skit 1 (Two friends)

1. (coll) College student
2. (hs) senior in high school

(hs: knock on the door of college friend)

coll: (Answers: Surprised to see #2 very happy)

coll: Come in! Welcome to college!

hs: What's college like?

coll: I love it. I'm so independent. I have my own

checkbook, car. I do what I want. I can skip

class if I want. I'm my own boss. I call the

shots. I feel so mature.

hs: That's cool. I'd like to stay the weekend if

that's OK.

coll: Sure!

hs: By the way, do you have that \$50 you owe me?

coll: I won't be able to go to the prom without it. I

need it now.

coll: (Hostile) I can't believe you demand this out of

the blue! I don't have it.

hs: Well, I want it now. You are so irresponsible.

coll: I'm leaving! (Storms out)

(Whines, pouts, picks up the phone and calls

mom for help and advice, looking for comfort,

sucks thumb if necessary.) Hi, Mommy, it is so

nice to hear your voice. You won't believe what

Jane/John Smith just did. (Whining) He/she

just showed up out of the blue and demanded

money from me. I miss you so much. Could

you give me advice like you always used to?

(pause) I miss the days when you would take

care of me.

Skit 2 (One person)

Act like you are a top baseball player. You are up to bat.

Twice you swing and miss (two strikes). The third is an

easy pitch. Again you swing and strike out. When this

happens you throw the bat, kick the dirt, and yell at the

umpire with all your might.

Skit 3 (Two friends, one returning from the Iraq war)

Person 1:

(Friend): Welcome back, buddy! I hear you

have been back from the Gulf War for

about a month. I heard there was a lot of

violence over there. What are you doing

with yourself now?

Person 2:

(War vet): (Enthusiastically) I had a good

time in Iraq. Now, I'm working as a police

officer in the dangerous upper side of

town.

Skit 4 (One person: male)

(You have a strong attraction toward women but you

will become a woman hater.)

(call up a friend on the phone)

male: Hi, Bill. This is Kevin. What are you doing?

Oh, you have Shelly there. Yeah, aren't women

great? It would be nice to have a relationship.

(pause) Oh, you ask how my date went with

Kathy? Well, (pause) you know, I was looking

forward to going out with her. She did not take

to me too well.

Now, I figure... What's the use. You know the

phrase: Women, you can't live with them and

you can't shoot them. I have decided, who

needs women?—they are the cause for many

of our society's problems.

Another day at Best Buy. (Look around

making sure no one is watching. Start

dusting an iPod.) Boy, this iPod looks

mighty fine. It would go great in my

room, with that big TV over there. (You

spot the boss and go back to work. Then

you go over to the boss, a little nervous,

and start a conversation.)

Employee: Hello, Mr. Biggs. I must say you are run-

ning a great store here. (pause; show nerv-

ousness) I must tell you something

though. I think that other employees are

stealing from you. I've seen a few of them

looking hungrily at the iPods and televi-

sion sets.

Why, thank you, Peters, I'll keep a close

look out.

Skit 5 (Two friends at a bar: John, who is a habitual drinker, and Tim, his friend)

John is sitting at the bar drinking. Tim approaches.

Tim: Hey, John. How long have you been sitting

here?

John: All day. (guzzling beer)

Tim: Hey, don't you think you had enough? You

have been drinking a lot every day for several

months.

John: Don't worry. I really don't like the taste of

alcohol. I'm just drinking to hang out and be

social.

Skit 6 (Two people: an interviewer (I) and a concentration camp survivor (Eisel))

I: I'm talking with Eisel who lived in Auschwitz

concentration camp for two months when she

was 15 years old. Tell me, Eisel, what was it

like in the camp?

Eisel: I really don't remember. I recall the police tak-

ing us to the trains and the next thing I knew,

we were being released.

Skit 7 (Two people: an employee and boss)

Employee: (Works at a store and shows temptation to

steal some of the merchandise.)

Skit 8 (Two students after a test)

Student 1 (noncheater): Boy, that was a hard test.

Don't you agree? In fact, I saw

you peeking at Kim's answers.

Student 2 (cheater): Yeah, I cheated, but I think

cheating is legitimate with an

unfair test like this one.

Student 1: (rolls eyes). Yeah, whatever.

Skit 9 (Two females: a concerned mother and her friend)

Kim: Hi, Becky. I am really worried about my son,

Johnny. He pulls wings off flies and jabs pins

in the dog.

Becky: Don't worry. His pulling wings off flies is a

good sign that he might become a dentist

(pause) and his pleasure in sticking animals

could be useful if he becomes a nurse.