Journal Entry 1: Defense Mechanisms

Yesterday, you learned about some of the various defense mechanisms identified by Sigmund Freud as part of his psychoanalytic theory. Although you practiced identifying these mechanisms in some sample problems as part of a worksheet, your job today is to give examples of how you’ve noticed these in your own life (either in yourself or in other people). Try to describe as many examples as you can in the time allotted.

- Rationalization
- Sublimation
- Displacement
- Projection
- Denial
- Repression
- Reaction Formation
- Regression