

21 Common Defense Mechanisms

1. Denial
2. Projection
3. Regression
4. Acting out
5. Dissociation
6. Reaction formation
7. Avoidance
8. Compartmentalization
9. Repression
10. Displacement
11. Intellectualization
12. Rationalization
13. Undoing
14. Passive-aggression
15. Fantasy
16. Suppression
17. Sublimation
18. Compensation
19. Humor
20. Altruism
21. Aim inhibition



The Defense

RJ Alexander



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