

Common defense mechanisms

Defense mechanisms can keep us from making positive changes. Sometimes it's hard to honestly evaluate behavior and identify areas we might like to change.

Put a ✓ in the boxes next to the defenses that you may use.

Rationalizing

"My entire shift stops in for drinks after work. We deserve a few cold ones."

Intellectualizing

"Two ounces of alcohol per day is recommended by health experts."

Blaming

"I smoke pot because I'm stuck in a boring job all day with a stupid boss."

Switching

"John drives all the time when he's drunk. I'm glad I'm not that bad."

Minimizing

"I only get high at parties."

Joking

"I can stop drinking anytime I please. In fact, I stop at least once a week."

Agreeing

"Yes, I think you're right. I should cut down on my drinking."

Projecting

"Next year I'll be out of this dump and things will be different."

Threatening

"I'd like to see you try to make me stop drinking beer with my friends."

Generalizing

"We all have a bad habit or two."