

PRIMARY DEFENCES

acting out turn it into behaviour	fantasizing go into other worlds	projection put your feelings on someone
aggression attack to defend	idealization over regard for others	regression revert back to immaturity
blaming someone else's fault	identification forge an alliance	repression unconsciously bury it
delusion lie to yourself & believe it	internalization turn into your beliefs	rationalization a false but plausible excuse
denial it's not happening	isolation separate off feelings	somatization turn it into a physical illness
dissociation go numb	neediness over-dependence on another	splitting i am bad, so you are good
distortion changing the story to fit	omnipotence all powerful, no weakness	suppression consciously bury it
emulation copy who you know	passive aggression indirect & concealed attacks	

COMPLEX DEFENCES

altruism disguise with good deeds	undoing acts of compensation
cynicism everything is false	perfectionism never slip up again
devaluation it doesn't matter	power control everyone
displacement punch a bag	planning safety in organization
erotization safety in sex	reversal do the opposite
humour deflect with jokes	spiritualization it's all a divine plan
individualism flaunt it	sublimation turn it into art
intellectualization convert to safe concepts	