

Defence Mechanisms

Altruism

Do you sacrifice for the benefits of others?

Displacement

After unfair criticism or if you are frustrated do you find it hard to ventilate your feelings and take out your anger on some one else?

Sublimation

Do you ever direct your anger or strong emotions e.g. disagreement with family or friends into acceptable outlets, like playing sports, running etc.?

Reaction formation

When angry with someone do you go out of your way to be kind or courteous to him or her?

Splitting

When in a group do you feel that you get along really well with some people while others give you a hard time?

Humour

Are you able to laugh at your self or see the funny side of things?

Acting out

When hurt do you find it hard to control your emotions and act impulsively?

Projection

Do you feel that you are often treated unfairly?

Denial

Are you able to ignore unpleasant facts or feelings as if they don't exist?