

**FREUD: THE HUMAN PSYCHE AND DEFENSE MECHANISMS**

**Part I: Id, Ego and Superego**

**Directions:** For each of the following scenarios, predict how the id, ego and superego might respond.

**Scenario:** You are the quarterback of the Milton High School football team & are about to play Chattahoochee in the state championship game. This is the biggest game of your life and it would mean everything for you to win. As a captain of the team, you take part in the coin toss. You call heads, win the toss, and elect to receive the ball. As you start to walk back to your teammates, a referee calls you over. He huddles close and says, "Son, I have two thousand dollars riding on this football game. I bet Milton to win. I'll be calling penalties on Chattahoochee the entire game...just don't make any dumb mistakes, okay?"

	<u>Response</u>
<b>Id</b>	
<b>Ego</b>	
<b>Superego</b>	

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**Part II: Defense Mechanisms**

**Definition:** *It's argued that defense mechanisms contribute to mental health by providing relief from stressful situations. However, too much reliance on them may lead to problems, rather than avoid them.*

**Denial:** Refusal to accept reality. Carol's longtime pet has died. She continues to act as if it were still alive.

**Rationalization:** An attempt to justify one's actions with an excuse. Anne justifies flunking a math test because she was absent the day it was scheduled.

**Projection:** An attempt to protect one's feelings or self-esteem by blaming others. Bill blamed his teacher's dislike of him for his poor grade.

**Repression:** The unconscious exclusion or holding back feelings. You forget about chores you are supposed to do on the weekend allowing yourself to enjoy the company of friends instead.

**Identification:** Acting like, or modeling behaviors after a person someone likes.

**Displacement:** Directing feelings at someone or something other than the source of those feelings. Angry at not making the team, Sarah pushes her little sister when she gets home.

**Regression:** Acting as if one was back in an earlier less troublesome time in their life.

**Sublimation:** Transforming unacceptable behaviors into acceptable ones. A very aggressive person might become a professional athlete.

**Reaction Formation:** Acting outwardly the opposite of what one feels.

**Directions:** For each of the following statements (next page) determine which of Freud's defense mechanisms is being utilized.

**Options:**

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

1. \_\_\_\_\_ After a very stressful day at work, Sabrina arrives home & immediately begins yelling at her two children for not cleaning their rooms.
2. \_\_\_\_\_ After Dolores rejected him, Philip told his friends that he didn't think she was very attractive or interesting, and that he really wasn't all that crazy about her.
3. \_\_\_\_\_ Sixteen-year-old Theodore started using drugs, and the changes in his behavior were fairly obvious; however, his parents didn't believe the school principal when she called to talk with them about Theodore's problem.
4. \_\_\_\_\_ Norm behaves like a stereotypical "he-man;" however, he's actually anxious and insecure about his gender identity.
5. \_\_\_\_\_ After getting home from an incredible shopping spree, Stacey explains to her husband why she "had" to purchase each of the items.
6. \_\_\_\_\_ Frank feels that his younger son, Ralph, is unattractive and not particularly smart. Frank accuses his wife of picking on Ralph and favoring their other son.
7. \_\_\_\_\_ Dwayne, raised in a xenophobic family, is afraid of other ethnic groups. Outwardly, he protests the KKK and is quick to call others racist if they use controversial terms.
8. \_\_\_\_\_ A traumatized soldier has no recollection of the details of a close brush with death.
9. \_\_\_\_\_ A smoker concludes that the evidence linking cigarette use to health problems is scientifically worthless.
10. \_\_\_\_\_ After parental scolding, a young girl takes her anger out on her little brother.
11. \_\_\_\_\_ A parent who resents a child, spoils the child with outlandish gifts.
12. \_\_\_\_\_ An adult has a temper tantrum when he doesn't get his way.
13. \_\_\_\_\_ A student watches TV instead of studying, saying that "additional studying wouldn't do any good anyway."
14. \_\_\_\_\_ Many people who were victims of the concentration camps were unable to recall the events that occurred during their internment.
15. \_\_\_\_\_ George's new supervisor is very difficult to work for. Recently, George has begun going to the gym after work.
16. \_\_\_\_\_ The young wife, after a conflict with her husband, gives up the marriage and returns to the home of her parents. She again takes on the role of a dependent child who expects unlimited love and indulgences.
17. \_\_\_\_\_ The majority group of a culture may blame all the various ills of society on a small minority group. This is a process termed "scapegoating" and is a factor in racial and religious prejudice.
18. \_\_\_\_\_ The woman with a strong sexual drive may feel that most other women exhibit flirtatious behavior or wear revealing clothes.
19. \_\_\_\_\_ The habitual drinker may insist that he really doesn't care much for the taste of alcohol but feels that he is obliged to drink with his friends "just to be sociable."
20. \_\_\_\_\_ Even the best baseball players will sometimes strike out on an easy pitch. When this happens, the player's next action may be to throw his bat or kick the water cooler with all his might.