
Journal Exercise – Understanding the Defense Mechanisms of the Ego
by Chaplain Joy Smith

Use a good dictionary to understand clearly each ego defense mechanism. Journal these defense mechanism, writing thoughts that arise as you seek to understand certain behaviors seen in yourself and in others.

For instance, **overcompensation** is a defense mechanism. People escape feelings of inadequacy and ambivalence by compensating beyond what is needed or expected.

Projection

Repression

Sublimation

Rationalization

Intellectualization

Dissociation

Reaction Formation

Ambivalence

Displacement