



Faulty/Unhealthy Defense Mechanisms

1. **Denial of Reality:** attempt to protect self by refusing to perceive or face unpleasantness.
 - a. **Avoidance**- a conscious refusal to deal with real issues
 - b. **Suppression**-a conscious denial where we internalize the problem and attempt to live as though it did not exist (PS 32)
 - c. **Repression**-an unconscious denial
2. **Fantasy:** gratification of frustrated desires by imaginary achievements (2 Cor. 10:5; 1 Peter 1:13)
3. **Identification:** increasing feelings of worth by identifying self with another person or institution of illustrious standing (1 Cor. 3:4-5)
4. **Reaction Formation:** preventing dangerous desires from being expressed by exaggerating opposed attitudes and types of behavior and using them as barriers (Rom. 2:1) [e.g. really like pornography, but campaign against it]
5. **Emotional Insulation:** withdrawal into passivity to protect self from hurt (2 Cor. 4:8.9; 12:9) [e.g. afraid to love; "I've been hurt before."]
6. **Isolation:** failure to recognize the whole situation in order to live only the part that is good. (John 4:16-19)
7. **Regression:** retreating to earlier developmental levels involving less mature responses. (Joshua 7:7)
8. **Displacement:** discharging "pent-up" feelings, usually of hostility, on objects or people less dangerous than those which initiated them.
9. **Compensation:** covering up weaknesses by emphasizing desirable traits or making up for frustration in one area by over-gratification in another. (Mt. 19:16)
10. **Projection:** placing blame for difficulties on other or attributing one's own unethical desires to others. (Luke 10:38)
11. **Rationalization:** attempting to prove that one's behavior is rational, justifiable, and worthy of self and social approval (Luke 18:10-14)