

**Name:**

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

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

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

**Scenario 1:** You are a key player on the Britannia Bruins basketball team, and you're about to play against the Templeton Titans in the Vancouver City Finals. This game holds immense significance for you, your team, and your school. As the game begins, you find yourself in a crucial moment. You have possession of the ball with only a few seconds left on the clock, and your team is down by one point.

**Scenario 2:** You are a student at Britannia Secondary School, and there's a bullying incident happening in your English class. Your classmate is being targeted by a group of students who are spreading rumors about her online and making hurtful comments about her appearance in class.

	<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 more problems, rather than avoid or resolve 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 substances, and the changes in his behavior were fairly obvious; however, his parents didn't believe the school counsellor when she called to talk with them about Theodore's struggles.
4. \_\_\_\_\_ After being bullied for years in school, Max starts to identify with his tormentors. He adopts their mannerisms, speech patterns, and even their aggressive behavior.
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. \_\_\_\_\_ Riley, raised in a conservative environment, outwardly opposes LGBTQ+ rights while internally has same-sex attractions. He uses his vocal stance as a way to hide his true identity from his family and peers.
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. \_\_\_\_\_ John got laid off from his job and began to spend excessive time on video games and indulging in nostalgic activities, avoiding his responsibilities.
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. \_\_\_\_\_ John, who struggles with feelings of insecurity in social situations, often perceives others as judgmental or hostile towards him. He frequently assumes that people are silently criticizing him or talking behind his back.
19. \_\_\_\_\_ After failing to secure a promotion at work, Maria convinces herself that she never wanted the added responsibility and stress that comes with the higher position anyway.
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 their bat or kick the water cooler with all their might.