



Cherreguine Bible Doctrine Ministries

Defense mechanisms are resolves Problem Solving Devices

Defense Mechanism with Description	PSD Solutions
Acting-out is impulsive acting without regard for its negative consequences toward self and others.	1, 4 and 5
Fantasy or illusion is the excessive day dreaming	1, 3 and 6
Denial is a false perception of reality rejecting its actualization	1, 3 and 4
Withdrawal is the physical dissociation from the situation	1, 3, 4, 5 and 8
Idealization is the act of attributing exaggerated positive qualities to self and others (he likes)	1, 3, 5, 7 and 10
Intellectualization is the excessive abstract thinking to avoid reality or actual experience	1, 4 and 9
Isolation which is mental dissociation from actual situation	1, 3 and 7
Projection is the assigning his own sins, flaws and failures to others	1, 4 and 8
Rationalization is giving erroneous explanations for one's behavior or action	1, 4 and 5
Suppression is intentionally avoiding the thought of the problems or situation	1, 3, 7 and 10
Altruism is the thought and engagement in gratifying sacrifices to gain the approval of man	1, 6, 7, 9 and 10
Manipulation is the thought and act of controlling people, objects and situations	1, 3, 6 and 7
Devaluation is attributing exaggerated negative qualities to self and others	1, 4 and 8
Displacement is the misdirected attachment to neutral objects (example: falling in love with pets or things)	1, 5 and 6
Repression is the unconscious ability to remember disturbing thought related to problems	1, 2, 3, 4 and 5
Hypochondria is the occupation with physical symptoms disproportionate to any actual situation	1, 6, 7 and 10
Antagonism is the directly attacking the situation or problem with anger	1, 4, 6, 8 and 10
Sublimation is the thought and act of finding outlets to escape from the reality	1, 6 and 9
Subjectivity is irrational occupation of self-pity	1, 3, 4, 5, 6, and 10
Undoing is the thought and act of amending past actions	1, 2, 3 and 4