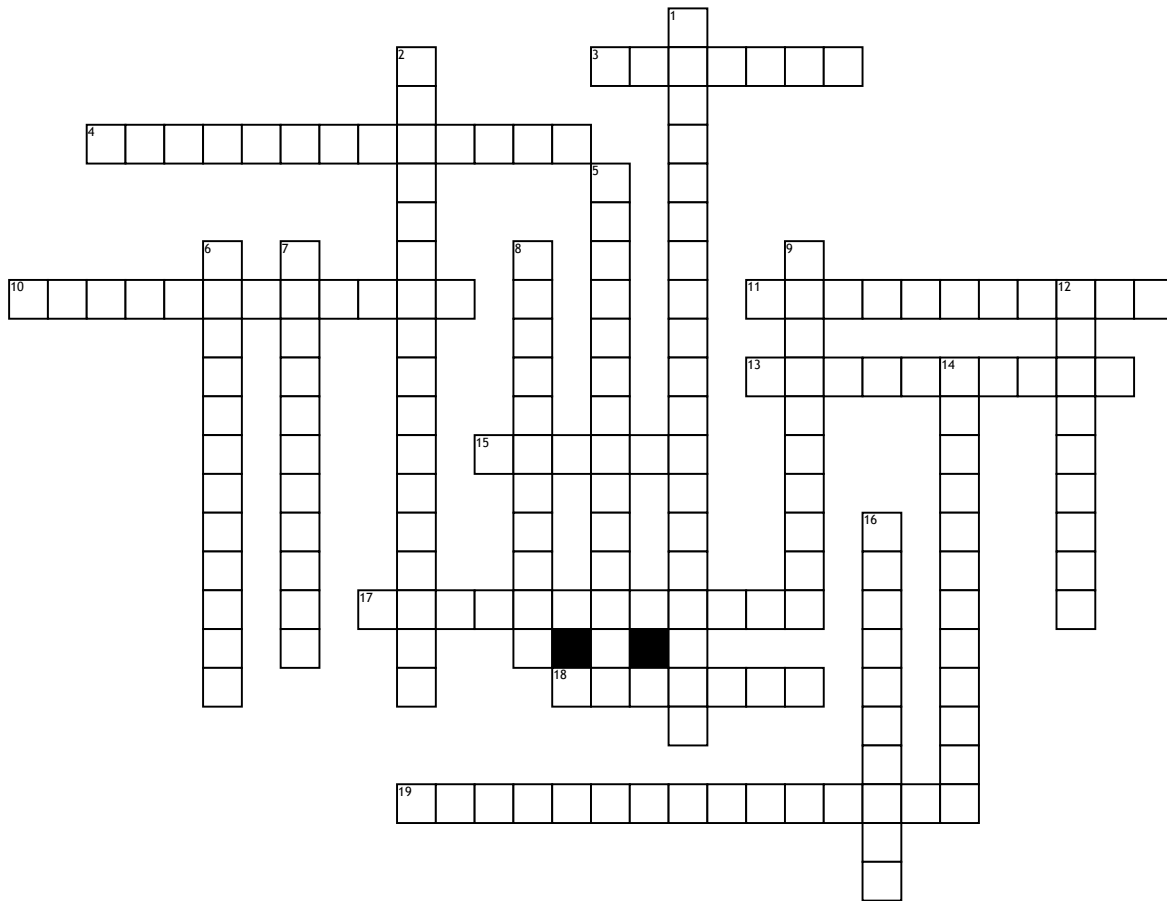


Name: _____

Anxiety Common Defense Mechanisms



Across

- 3. Distortion of unacceptable wishes, behaviors
- 4. Use of an unrelated object to represent hidden idea
- 10. Suppressing anxiety by replacing inappropriate behavior with one that is more acceptable
- 11. Giving back to resolve guilt feelings
- 13. Putting of one's own unacceptable thoughts, wishes, emotions, onto others
- 15. Refusal to acknowledge conflict and thus escapes reality of situation
- 17. Separation of emotions from situation; removal of painful anxieties from conscious awareness
- 18. Inappropriate behavior that is followed by acts to take away or reverse action and decrease guilt and anxiety

- 19. Use of a good reason to explain behavior to make unacceptable motivation more acceptable

Down

- 1. Focusing of attention on technical or logical aspects of threatening situation
- 2. Development of conscious attitudes and behavior patterns that are opposite to what one really would like to have
- 5. Taking on of personal characteristics of admired person to conceal own feelings of inadequacy
- 6. Redirecting of energies to another person or object
- 7. Unconscious channeling of unacceptable behaviors into constructive, more socially approved areas

- 8. Removal of conflict by removing anxiety from consciousness
- 9. Coping with present conflict, stress by returning to earlier, more secure stage of life
- 12. Separation of anxious feelings from content to cope unemotionally with topics that would normally be overwhelming
- 14. Attempt to overcome feelings of inferiority or make up for a deficiency
- 16. Channeling of unbearable anxieties into body signs and symptoms