

Name: _____

Date: _____

Anxiety and Defense Mechanisms

H Q Y U W M I N I M I Z A T I O N
O W N F M A N I P U L A T I O N Y
S O P P W B U L O T E W X M H W A
T R F C A J L W U E N N G A E Z L
I R Z T L P B L A M I N G O F E D
L Y C F D Q X A V O I D A N C E V
I X S M W W R E S S C M M P O U S
T O H T B X Q O B I X A E G E A A
Y N P S H A K Y L S O D L S J E H
G K B W E D E N I A L O V J K O K
B M I K U D H R K B O Q X I F G O
S U P P R E S S I O N G K T L H V
E P D E F L E C T I O N Q T Y P P
O Q T O B J N E R V O U S E I R Y
Y P Q C B F E E A H K H V R N Z V
T P L K O V Z B Q P E D Y S G A L
E R Z F R E B C H B J V O P B M X

manipulation minimization suppression deflection

hostility avoidance blaming Jitters

Nervous Denial lying Shaky

Worry