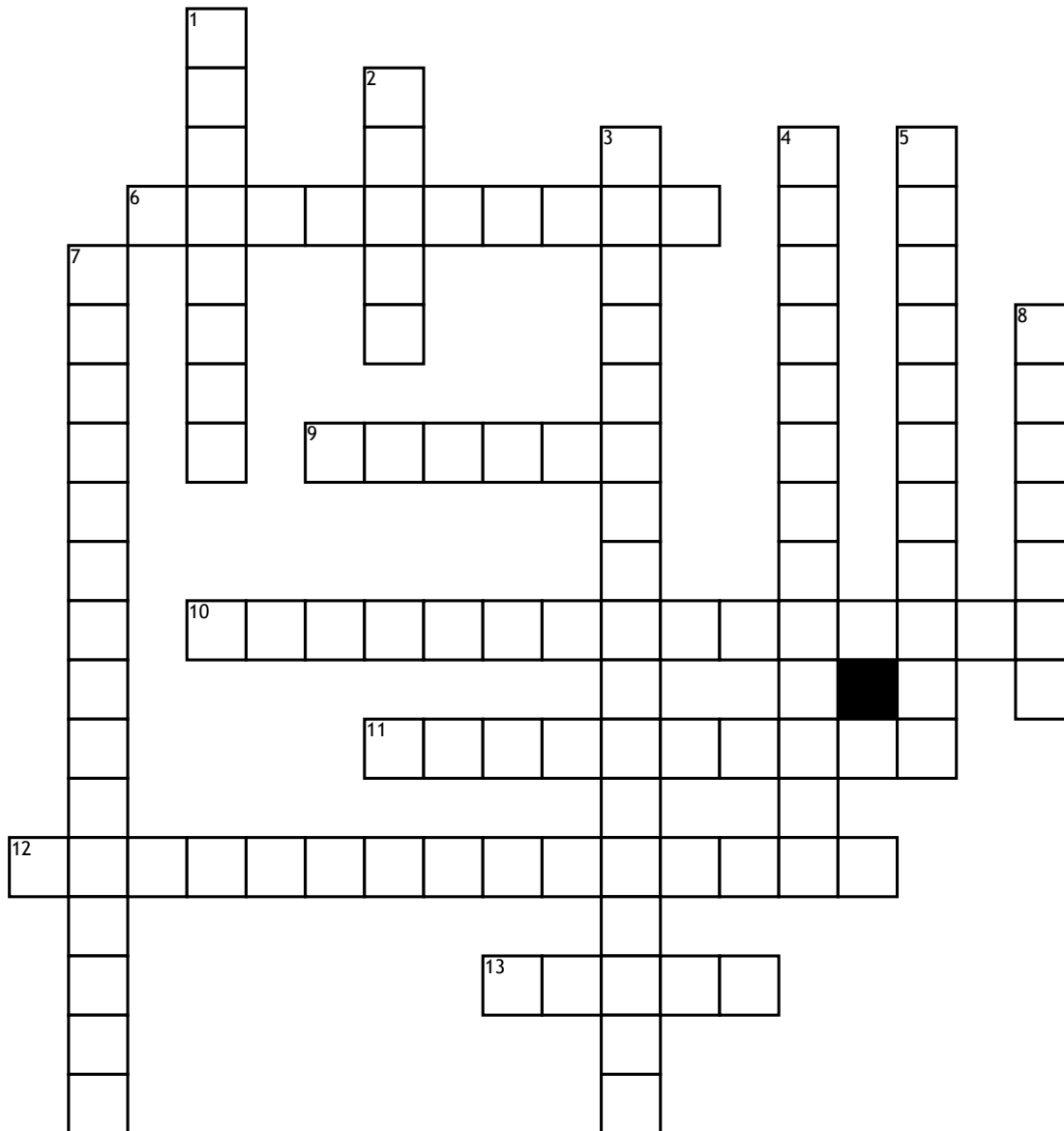


# Defense Mechanisms in Addiction



## Across

6. Agrees, but makes it a much smaller problem than it really is

9. Refusal to accept reality or fact, acting as if it doesn't exist

10. Putting off for later what you should be doing

11. Telling a story that is not really accurate and uses false logic to explain why they didn't do whatever they were supposed to do.

12. Making things way worse in your head than they really are, worst case scenario

13. Distorting the truth or leaving out important details

## Down

1. Using verbal force and stubbornness

2. Make light of the situation and turn it in to a joke

3. Using logic (false logic, that is) to convince oneself and others that there isn't a problem

4. Creating a reason or argument, that makes the problem or negative behavior ok or warranted in that situation

5. Using intimidation to make the person stop talking about the problem

7. An attempt to explain bad behavior away

8. Making others responsible for one's drinking/using