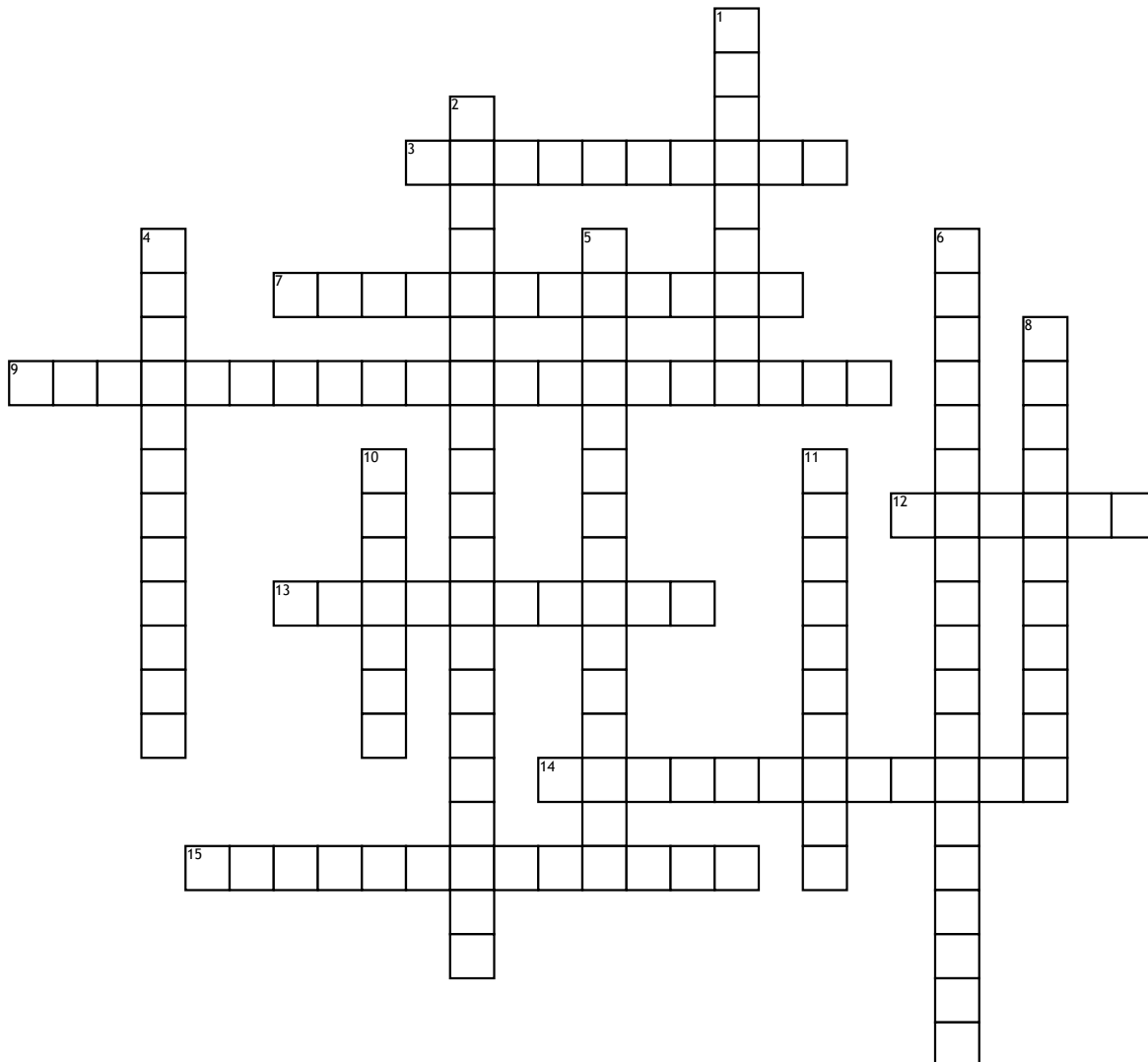


# Ego Defenses



## Across

3. Reversion to an earlier stage of development

7. Counterbalancing perceived weaknesses by emphasizing strength in other arenas

9. Parts of oneself separate from awareness of other parts

12. The refusal to accept reality or fact

13. Placing undesired thoughts, feelings or impulses onto another person

14. Losing track of time or person, finding another representation of self

15. Emphasis of a person's needs or thoughts in a manner that is respectful, direct and firm

## Down

1. Performing an extreme behavior to express thoughts or feelings one is incapable of expressing

2. The capacity to maintain a steady and reasonable level of positive self-regard in the face of distressing or frustrating external events

4. Redirecting thoughts, feelings and impulses from one person or object onto another

5. Offering a different explanation for one's perceptions or behaviors in the face of a changing reality

6. Overemphasis on thinking when confronted to help mediate and place thoughts into an emotional, human context

8. Channeling unacceptable impulses, thoughts and emotions into more acceptable ones

10. Taking back an unacceptable or hurtful unconscious behavior or thought

11. Unconscious blocking of unacceptable thoughts, feelings and impulses