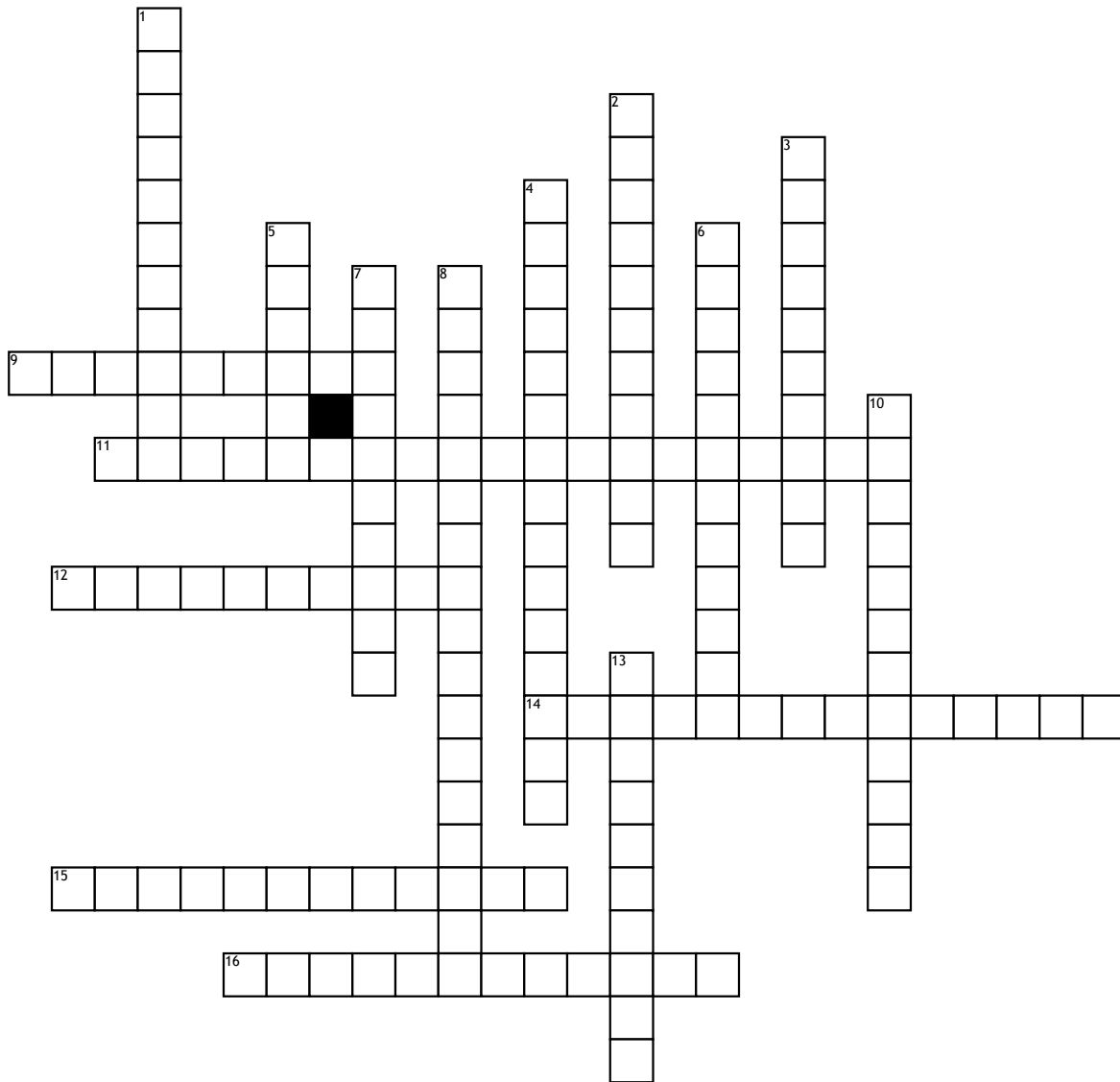


Psychological Defense Mechanisms



Across

9. the inability to integrate the positive and negative qualities of oneself or others into a cohesive image. Aspects of the self and of others tend to alternate between opposite poles; for example, either good, loving, worthy, and nurturing or bad, hateful, destructive, rejecting, and worthless.

11. a process in which events are analyzed based on remote, cold facts, and without passion, rather than incorporating feeling and emotion into the processing.

12. the unconscious transformation of anxiety into a physical symptom with no organic cause. Often the symptom functions to gain attention or as an excuse.

14. attributing to oneself the characteristics of another person or group. This may be done consciously or unconsciously.

15. a disruption in the usually integrated functions of consciousness, memory, identity, or perception of the environment. It may result in a separation between feeling and thought. This can also manifest as compartmentalizing uncomfortable or unpleasant aspects of oneself.

16. used to make up for perceived deficiencies and cover up short comings related to the deficiencies to protect the conscious mind for recognizing them

Down

1. an unconscious process of substituting mature, constructive, and socially acceptable activity for immature, destructive, and unacceptable impulses. Often, these impulses are sexual and aggressive.

2. the conscious denial of a disturbing situation or feeling.

3. the unconscious rejection of emotionally unacceptable features and attributing them to other people, objects, or situations.

4. consists of justifying illogical or unreasonable ideas, actions, or feelings by developing acceptable explanations that satisfy the teller as well as the listener.

5. involves escaping an unpleasant, anxiety-causing thoughts, feelings, wishes, or needs by ignoring their existence.

6. the transference of emotions associated with a person, object, or situation to another nonthreatening person, object, or situation.

7. reverting to an earlier, more primitive and childlike pattern of behavior that may or may not have been previously exhibited.

8. when unacceptable feelings or behaviors are controlled and kept out of awareness by developing the opposite behavior or emotion.

10. the process by which the outside world is incorporated or absorbed into a person's view of the self.

13. a first-line psychological defense against anxiety. It is the temporary or long-term exclusion of unpleasant or unwanted experiences, emotions, or ideas from conscious awareness. This happens at an unconscious level.