



Repression, regression, displacement, projection, denial, sublimation, reaction formation?

Decide which of Freud's ego defence mechanisms might be happening here and write them in the box:

1. Tom feels angry but channels his feelings into playing aggressively for the rugby team.	
2. Harry thinks he feels totally confident about his exams but he keeps getting headaches and feeling sick as the exam date approaches.	
3. Philip feels angry with his parents so he keeps getting into arguments with people at work.	
4. Rebecca feels guilty about cheating on her boyfriend. She accuses him of cheating on her	
5. Joe feels anxious about starting at a new school so he starts sucking his thumb, a habit he gave up years ago.	
6. Maria isn't aware of feeling upset but finds she keeps bursting into tears	
7. Anna feels anxious about the changes involved in moving on to university. She stops eating and loses so much weight that she looks like a little girl again.	
8. Michael's wife dies but instead of sitting around brooding, he throws himself into doing charity work.	
9. Jordan wants people to pay her more attention, but accuses Sasha of always wanting to be the centre of attention.	
10. Steve is finding it increasingly difficult to see things clearly but refuses to admit he needs glasses.	
11. Zoe unconsciously feels angry and jealous of her sister because she thinks her sister is her mother's favourite. She starts to be very sweet to her sister and do lots of nice things for her.	
12. Sam hasn't had a girlfriend for ages. He starts going running every day and runs for at least an hour.	