

CHAPTER 7

Defense Mechanisms

- 1 Give an example for each of the following eight defense mechanisms:
 - a Avoidance
 - b Psychological withdrawal
 - c Distancing
 - d Reaction formation
 - e Sarcasm
 - f Outdoing others
 - g Overly critical communication
 - h Formula communication
- 2 How did this activity strengthen your understanding of defensive communication?