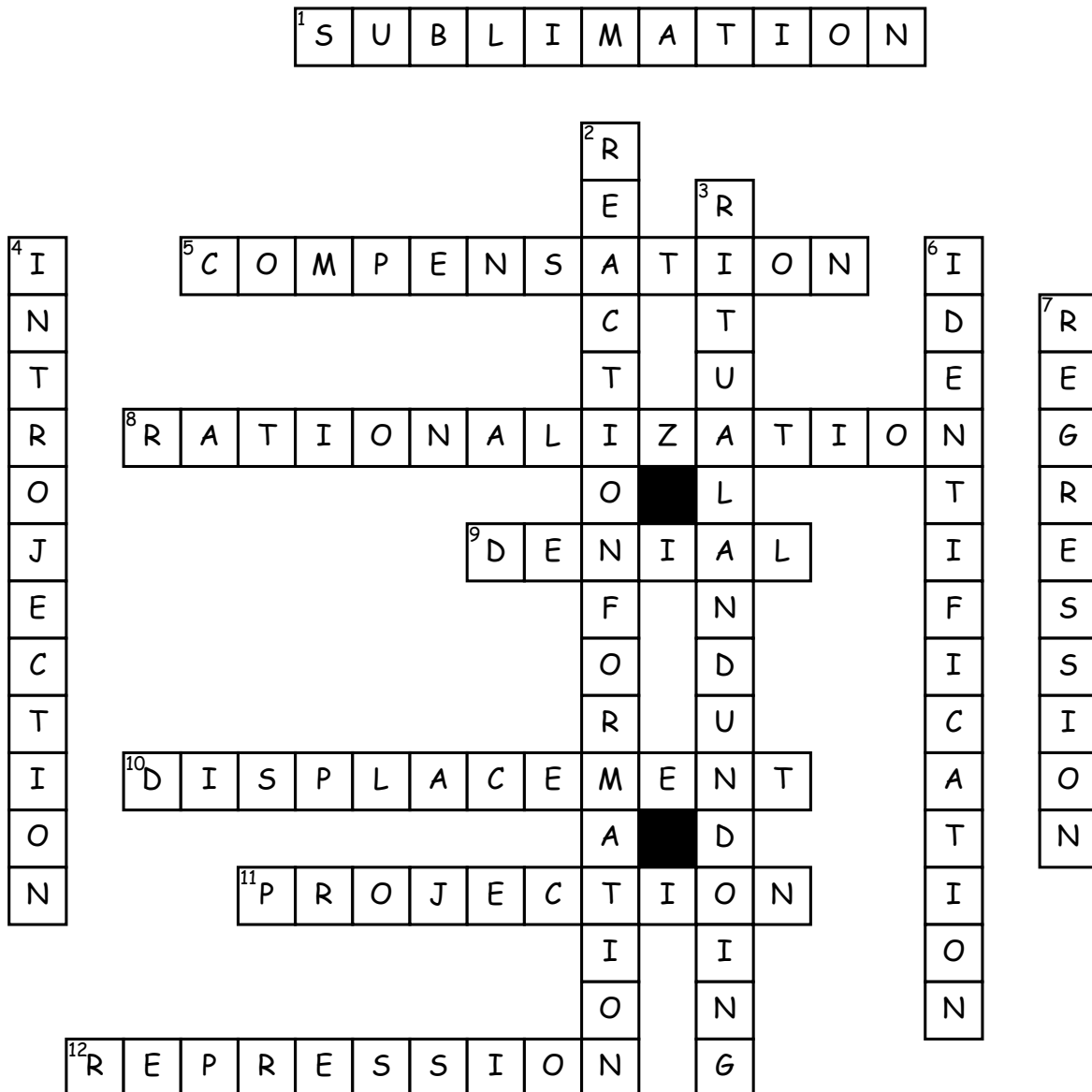


# 12 Defense Mechanisms



## Across

1. is the process of diverting your feelings about the negative self-concepts that you have of yourself or others into more socially acceptable activities.

5. is the process of masking perceived negative self-concepts by developing positive self-concepts to make up for and to cover perceived negative self-concepts.

8. is the process of explaining why, this time, you do not have to be judged as negative self-concepts because of your behaviors or intentions.

9. is the subconscious or conscious process of blinding yourself to negative self-concepts that you believe exist in you, but that you do not want to deal with or face.

10. is when you express feelings to a substitute target, because you are unwilling to express them to the real target.

11. is the attribution to others of your own negative self-concepts.

12. is the unconscious and seemingly involuntary removal from awareness of the negative self-concepts that your ego finds too painful to tolerate

## Down

2. is the process of developing conscious positive self-concepts in order to cover and hide opposite, negative self-concepts.

3. a defense mechanism is the process of trying to undo negative self-concept ratings of yourself by performing rituals or behaviors designed to offset the behaviors that the negative ratings of you were based on.

4. is the acceptance of the standards of others to avoid being rated as negative self-concepts by their standards.

6. a defense mechanism is the identification of yourself with causes, groups, heroes, leaders, etc. you perceive as being good self-concepts or self-images.

7. is the returning to an earlier time in your life when you were not so threatened with becoming negative self-concepts.