

DEFENSE MECHANISMS

Defense Mechanisms, especially DENIAL that there is a problem at all, are all too common in addiction. In your notebook, describe how you have used the following defenses and give THREE detailed and thorough **examples** of each:

1. DENYING: We act as if there is no problem at all; the problem lies outside of our conscious awareness.
("What drugs? I have no idea what you're talking about!")
2. LYING: We distort the truth, leave out or "forget" important details.
3. ACCUSING: Attacking a person and **pointing out their problems** to take the focus off of our own.
4. THREATENING: Using threats to make someone comply with our demands; keep them on the offense.
5. JUDGING: Pointing out someone else's faults/character defects to minimize our own guilt/shame.
6. PROJECTING: Finding things that we don't like in other people that we **are not aware** of or recognize as being a character defect in *ourselves*. "Projection is reflection."
7. BLAMING: Making others responsible for our drinking/using.
8. HUMOR: Making light of a dark situation and turning it into a joke.
9. INTELLECTUALIZING: Using logic to convince ourselves and others that there isn't a problem; demonstrate that we haven't done things that could *possibly* make us an addict/alcoholic.
10. RATIONALIZING: Making up excuses and plausible explanations as to **why** we use/drink.
11. SILENCE: We are quiet and withdrawn as a means of manipulation/attention seeking.
12. COMPLIANT: We are *outwardly* agreeable while being *inwardly* rebellious.
13. MINIMIZING: We agree that while there may be a slight problem, it is **much less** than others are making it out to be.
14. COCKINESS: Making it appear that we are **completely** in control of the situation and could never allow ourselves to fall into despair. ("I GOT this, I don't need any help!")
15. JUSTIFYING: We **defend our actions** with false logic and irrational reasoning.
16. DEFIANCE: Using verbal force to create a wall of defensive resistance.