

Psychological Defense Mechanisms Cheat Sheet by Deep and Dope (Deep and Dope)via cheatography.com/201786/cs/42753/

Definition

Defense mechanisms are unconscious strategies that protect the ego from anxiety by distorting reality or preventing threatening thoughts and feelings from reaching consciousness

Context and or severity of Defense Mechanisms

Pathological

Maladaptive

Adaptive



By **Deep and Dope** (Deep and Dope) cheatography.com/deep-and-dope/

Not published yet. Last updated 17th March, 2024. Page 1 of 1. Sponsored by **ApolloPad.com**Everyone has a novel in them. Finish Yours!
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