

# Ego Defenses

*Each of these behaviors serves as a way to cope with emotional stress or conflict, though their effectiveness and impact on mental health can vary.*

COMBATPSYCH.COM

1. **Acting Out:** Expressing an unconscious wish or desire through actions.
2. **Altruism:** Serving others to meet one's own emotional needs.
3. **Asceticism:** Practicing extreme self-denial or austerity.
4. **Avoidance:** Keeping away from people, places, or events to avoid stress.
5. **Compensation:** Excel in one area to make up for shortcomings in others.
6. **Conversion:** Transforming emotional conflicts into physical symptoms.
7. **Devaluation:** Dismissing or undervaluing positive attributes of others.
8. **Deflection:** Changing subject to avoid uncomfortable emotions or topics.
9. **Denial:** Refusing to acknowledge an uncomfortable reality or emotion.
10. **Dissociation:** Detaching from reality, typically in response to trauma.
11. **Displacement:** Shifting emotional reaction from real source to another
12. **Fantasy:** Escaping reality by retreating into a world of imagination.
13. **Help-Rejecting Complaining:** Constantly seeking help but rejecting advice or assistance.
14. **Humor:** Using comedy to express feelings without causing discomfort.
15. **Idealization:** Overestimating virtues and underestimating their flaws.
16. **Identification:** Associate with successful people to boost self-esteem.
17. **Intellectualization:** Focusing on facts/logic to avoid stress.
18. **Isolation:** Separating feelings from events or experiences.
19. **Magical Thinking:** Believing thoughts or actions can affect reality.

20. **Minimization:** Downplaying the significance of an event or emotion.
21. **Omnipotence:** Believing oneself/others to be all-powerful or superior.
22. **Passive Aggression:** Indirectly expressing aggression towards others.
23. **Perfectionism:** fear of making mistakes due to perceived rejection.
24. **Projection:** Attributing one's own unacceptable desires to others.
25. **Projective Identification:** Projecting one's own undesirable traits onto others and behaving as if others actually have those traits.
26. **Rational Avoidance:** Avoiding situations based on logic justification.
27. **Rationalization:** Logical excuses for emotional/irrational behavior.
28. **Reaction Formation:** Acting opposite to one's unacceptable impulses.
29. **Reactionary Defense:** Beliefs/behaviors opposite natural inclinations.
30. **Regression:** Reverting to immature behavior to express emotions.
31. **Repression:** Unconsciously hiding disturbing thoughts or feelings.
32. **Self-Handicapping:** Creating obstacles to one's own success to avoid blame for failure.
33. **Somatization:** Converting psychological distress to physical symptoms.
34. **Splitting:** Viewing people or situations in all-or-nothing terms.
35. **Sublimation:** Transforming unacceptable impulses into socially acceptable actions.
36. **Symbolization:** Using symbols or metaphors to represent thoughts or feelings.
37. **Trivializing:** Making light of one's or others' emotions or problems.
38. **Undoing:** Attempting to reverse or undo feelings of guilt or regret.
39. **Victimization:** Identify as victim to avoid personal responsibility.
40. **Wishful Thinking:** Conforming reality to one's desires through fantasy.