Defense and Coping Mechanisms

For each Defense or Coping Mechanism identify what it is, the definition, and create an example for it. Also, identify for each “Mechanism” whether or not it is Maladaptive or Adaptive, and a short explanation of why that matters.

**Defense Mechanisms**
- Compensation
- Conversion
- Denial
- Displacement
- Dissociation
- Identification
- Intellectualization
- Projection
- Rationalization
- Reaction
- Regression
- Repression
- Splitting
- Sublimation
- Suppression
- Undoing

**Coping Mechanisms**
- Support
- Relaxation
- Problem-Solving
- Humor
- Physical Activity
- Escape
- Unhealthy Self-Soothing
- Numbing
- Compulsions
- Risk Taking
- Self Harm