

Altruism – Doing good deeds as a way of overcoming grief or hardship – ex: cancer awareness campaign put on by a mom whose son died of cancer

Sublimation – Compensating for an inadequacy by focusing your energy on becoming prolific in another area, ex: let's say Freud (who created the term) was sexually repressed, so that's why he wrote volumes about sexual repression and defense mechanisms.

Suppression – Putting important information in the back of your mind and not dealing with it right away, ex: "The STD test came back positive, but I have more important things to think about right now."

Repression – Completely putting traumatic past events out of your mind as a way to cope, ex: a person comes to terms years later that she has been sexually abused and had repressed it all those years. Or (Freudian definition), blocking forbidden thoughts or desires out of the conscious mind

Regression – Going back to a child-like or low functioning state as a way to not deal with problems or the rigors of life (let's curl up in the fetal position and suck our thumb because the exam coming up is going to be too hard)

Displacement – Transferring an emotion to someone or something, ex: displaced anger, where you get an F on the test so you go home and kick your dog

Projection – Attributing your own troubling faults to someone else – ex: an incompetent worker saying that everyone else is incompetent

Reaction Formation – Doing the opposite of your convictions – the atheist who becomes a priest, or the priest who preaches about how being gay is bad but is gay himself

Somatization – Physical manifestations of stress or anxiety – headaches, body aches, etc.

Rationalization – Explaining your behavior or justifying your actions with unreasonable explanations, ex: "Even though my husband beats me, I'm staying with him because it's too much trouble to get a divorce, and the kids need both of us together."

Passive aggression – Covertly dealing with a conflict or distasteful activity, ex: a person conveniently takes his time finishing the project or "loses" parts of it because he doesn't like his boss or thinks the project is stupid instead of just coming out and expressing his true feelings.

Dissociation – Mentally "going somewhere else" as a way to cope with severe trauma like rape or other abuse, either while it's happening or after the event

Devaluation – Demeaning or belittling someone or something to make yourself look better in comparison

Idealization – "Drug dealers are the most awesomest people – they always have money, lots of friends, and get laid whenever they want."

Splitting – Everyone is either all good or all bad (no gray area)

Denial – "I don't have diabetes – I can eat whatever I want" (despite knowing about the high glucose levels)