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EGO DEFENSE MECHANISMS

DENIAL	Denying an event is happening. The client acts as though nothing is occurring.
TRANSFERENCE	Transferring feelings from an earlier powerful relationship with a figure from the past, such as a parent, to someone, such as an attorney, in the present.
ACTING OUT	Translating the feeling into behavior.
COMPENSATION	Making up for feelings of inferiority in one area by becoming excessively competent in another area.
RATIONALIZATION	Giving a rational reason to behavior which is performed for another unconsciously unacceptable reason.
PROJECTION	Attributing an emotion to another which is really felt by the client.
REPRESSION	Keeping a thought, feeling or impulse at an unconscious level.
ATONEMENT	Making up for an unacceptable act by performing a good act.
SUBLIMATION	Expressing "taboo" or forbidden impulses through creative channels.
DISPLACEMENT	Expressing a forbidden feeling one has about a powerful figure towards a less powerful, safer object.
FANTASY	Engaging in fantasy to overcome an assault to self esteem.
REACTION FORMATION	Acting in a way directly opposite to the unconscious impulse, or feeling.
REGRESSION	Reverting to behavior characteristic of an earlier, less mature stage of development.
COUNTERTRANSFERENCE	Transferring feelings by the attorney/therapist to patient/client. The professional may be responding to transference on the part of the client/patient, or may be responding to an earlier figure from the professional's past, e.g., the professional's ex-spouse.