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12 Defense Mechanisms

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| **Across**  **1.** is the process of diverting your feelings about the negative self-concepts that you have of yourself or others into more socially acceptable activities.  **5.** is the process of masking perceived negative self-concepts by developing positive self-concepts to make up for and to cover perceived negative self-concepts.  **8.** s the process of explaining why, this time, you do not have to be judged as negative self-concepts because of your behaviors or intentions.  **9.** s the subconscious or conscious process of blinding yourself to negative self-concepts that you believe exist in you, but that you do not want to deal with or face.  **10.** is when you express feelings to a substitute target, because you are unwilling to express them to the real target.  **11.** is the attribution to others of your own negative self-concepts.  **12.** is the unconscious and seemingly involuntary removal from awareness of the negative self-concepts that your ego finds too painful to tolerate | **Down**  **2.** is the process of developing conscious positive self-concepts in order to cover and hide opposite, negative self-concepts.  **3.** a defense mechanism is the process of trying to undo negative self-concept ratings of yourself by performing rituals or behaviors designed to offset the behaviors that the negative ratings of you were based on.  **4.** is the acceptance of the standards of others to avoid being rated as negative self-concepts by their standards.  **6.** a defense mechanism is the identification of yourself with causes, groups, heroes, leaders, etc. you perceive as being good self-concepts or self-images.  **7.** is the returning to an earlier time in your life when you were not so threatened with becoming negative self-concepts. |