



**Do people ever say you “avoid conflict”? Or that you're “too defensive”? Or do you feel constantly on guard, resistant to new ideas, like a victim of circumstance?
Would you like to answer these questions?**

Take the defense mechanism quiz brought to you by Resolve Strategies, Inc. This quiz will help you identify which defensive mechanism you most frequently use. “What's a defense mechanism” you ask, and “how will this quiz help me”?

By being aware of your defense mechanisms, you will gain a self awareness that helps you understand how you cope with or avoid negative emotions. If ignored, defense mechanisms often become maladaptive and dysfunctional. This quiz is a first step in establishing a healthy relationship with your defense mechanisms and in deepening your interpersonal skills.



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**For the following questions rate yourself on the following scale:
1) never, 2) seldom, 3) sometimes, 4) often, 5) always**

Do you lose your cool with those you trust most, while avoiding the person or situation you are truly upset with?

1 never 2 3 4 5 always

Do you escape reality or lose time when triggered?

1 never 2 3 4 5 always

Do you feel like everyone and even the universe itself is against you?

1 never 2 3 4 5 always

Are you easily irritated by those that remind you of yourself?

1 never 2 3 4 5 always

Do you place responsibility on others to avoid personal accountability?

1 never 2 3 4 5 always

When confronted with unwelcome situations or feelings, do you tend to avoid or downplay the situation?

1 never 2 3 4 5 always

Do you reject the truth when confronted with upsetting information?

1 never 2 3 4 5 always

When filled with intense emotion, do you take it out on others?

1 never 2 3 4 5 always



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**For the following questions rate yourself on the following scale:
1) never, 2) seldom, 3) sometimes, 4) often, 5) always**

Do you unleash your negative emotions on those you trust most rather than the person or situation you are truly upset with?

1 never 2 3 4 5 always

Do you revert back to childlike tendencies or behaviors when upset.

1 never 2 3 4 5 always

Do you use infantile self-soothing behaviors when attempting to cope with stressful situations?

1 never 2 3 4 5 always

Do you use logic to excuse risky behaviors or poor decisions?

1 never 2 3 4 5 always

Do you make excuses for your mistakes or have trouble accepting responsibility when confronted?

1 never 2 3 4 5 always

Are you intolerant of those that remind you of yourself?

1 never 2 3 4 5 always

Do you often do the opposite of what you are truly feeling?

1 never 2 3 4 5 always

Do you avoid sharing personal information with various social groups (do they each know a separate side of you)?

1 never 2 3 4 5 always



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For the following questions rate yourself on the following scale:

1) never, 2) seldom, 3) sometimes, 4) often, 5) always

Do you feel you hide parts of yourself, and people don't know the "real" you?

1 never 2 3 4 5 always

Do you feel disconnected from your body or separated from an intense experience?

1 never 2 3 4 5 always

Do you escape reality or lose time when triggered?

1 never 2 3 4 5 always

Do you avoid feelings by trying to overthink a situation?

1 never 2 3 4 5 always

Do you feel like there is always a logical explanation for your situation?

1 never 2 3 4 5 always

Do you accuse others for your negative emotions?

1 never 2 3 4 5 always

Do you place responsibility on others to avoid personal accountability?

1 never 2 3 4 5 always

Do you feel sorry for yourself when experiencing negative emotion?

1 never 2 3 4 5 always

Do you feel powerless over your situations?

1 never 2 3 4 5 always



If you answered always to the following questions, these are your most frequently used defense mechanisms:

1,14 - Projection:

Those who commonly use "Projection" as a defense mechanism risk storing up negative emotion and releasing it on their closest relationships. This could negatively impact their ability to receive information and relate to others.

2,15 - Dissociation:

Those who actively use "Dissociation" as a defense mechanism may experience feeling as if they are outside of their body or feeling as if they have a third person perspective on the current situation. They might lose large lapses of time and be unable to access certain memories. Leaving one feeling disconnected from self and other.



3,12 - Self-Victimization/Self Pity:

Those who actively use “Self-Victimization/Self-Pity” as a defense mechanism will continuously place themselves in the victim role and have a victim mentality. Because of this, they will tend to avoid personal accountability for what has occurred and will often blame others for their current situation.

4,20 - Reaction Formation:

Those who use “Reaction Formation” as a defense mechanism acknowledge how they are truly feeling towards others or a situation but choose to act or behave in the opposite manner. Yes, this sounds good, but this also means they are not allowing themselves to express their negative emotions in a healthy manner. This behavior is reinforcing in-authenticity.

5,19 - Blame:

Those who actively use “Blame” as a defense mechanism avoid taking personal responsibility in order to lessen the guilt of their wrongdoings. This risks personal relationships and deflects personal shame in their wrongdoing onto others. They have difficulty seeing the role they play in situations and continue negative patterns of behavior.

6,10 - Denial:

Those who actively use “Denial” as a defense mechanism tend to avoid, bury, minimize, or excuse uncomfortable realities thus keeping them in the dark and unable to develop new patterns of behavior.



8,17 - Over-Intellectualization:

Those who actively use "Intellectualization" as a defense mechanism have difficulty acknowledging the emotional impact of an issue. Instead, they will critically analyze/ rationalize situations which allows them to avoid reality and taking action.

9,16 - Regression:

Those who actively use "Regression" as a defense mechanism will often revert to infantile, self-soothing and safety-seeking behaviors when dysregulated. They might experience difficulty coping in an age appropriate manner. This can often compromise one's executive functioning and ability to carry out critical tasks.

These ingrained and frequently used defenses are unfortunately keeping you stuck and have a tendency to affect your life and relationships. As an important reminder, we are ALL equipped with these defense mechanisms, but they can become maladaptive over time. If you want to "resolve" the tendencies and behaviors that keep you stuck visit "ResolveStrategiesInc.com" and sign-up for one of our workshops today. To receive your discount of 15%, don't forget your promo code "impact" when signing up for workshops!

If you thought this quiz was useless, answered "never" to each question, and believe you have no issues, then you're in denial - lol.