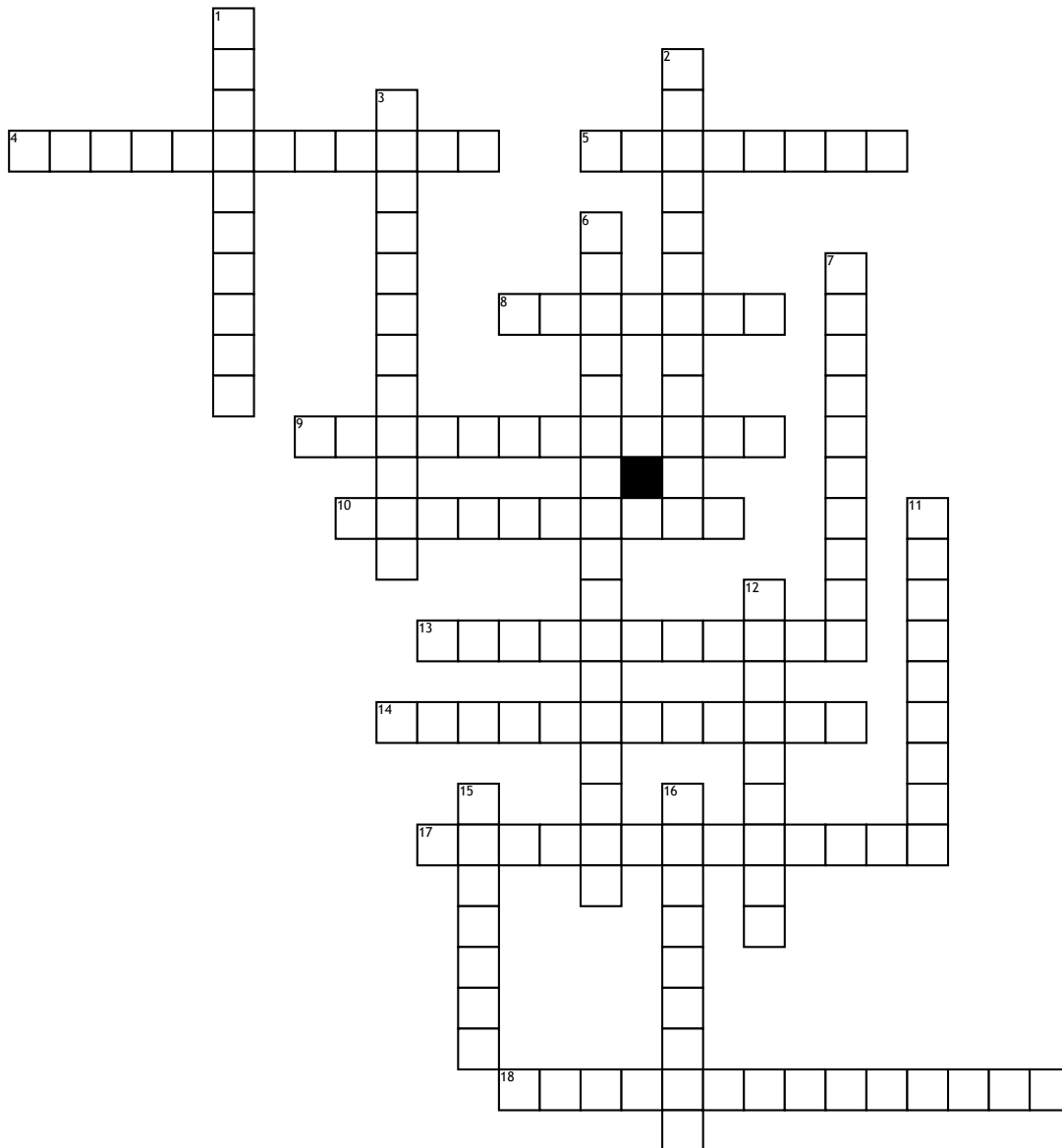


Defense Mechanisms



Across

4. acceptance of another's values and opinions as one's own
5. occurs when the person becomes angry or unpleasantly irritable when the subject of their SUD is mentioned, scaring or threatening people away from discussing it
8. maintaining that the responsibility for the behavior lies somewhere else, not within us
9. avoiding emotional, personal awareness of a substance use problem by using theories about your SUD by keeping it general and vague
10. cutting details or setting conditions for when things will be right to deal with the problem

13. consciously keeping unacceptable feeling/thoughts out of awareness

14. discharging of pent-up feelings on person's less dangerous than those who initially aroused the emotion

17. making excuses or giving reasons to justify behavior related to substance use

18. unconscious assumption of similarity between oneself and another

Down

1. attributing one's own unacceptable feelings and thoughts onto other's

2. handling emotional conflicts, or external/internal stressors, by a temporary alteration of consciousness or identity

3. simply denying being chemically dependent

6. unacceptable feelings disguised by repression of the real feeling and by reinforcement of the opposite feeling

7. unconsciously keeping unacceptable feelings out of awareness

11. admitting substance-related problems to some degree, but in such a way that it appears to be much less serious/significant than it usually is

12. changing the subject to avoid a subject that is felt to be threatening

15. symbolic satisfaction of wishes through non-rational thought

16. ignoring the situation of being it's "victim"