

B	I	N	G	O
regression	Action defenses	Mature defenses	high adaptive defenses	avoidance
Immature defenses	reaction-formation (mask)	denial	Altruism	dissociation
rationalization	repression	FREE	Fantasy	Psychotic defenses
Undoing	projection	acting out	Passive-aggression	compensation
Obsessional defenses	Humor	displacement	sublimation	Intellectualization

B	I	N	G	O
repression	Altruism	high adaptive defenses	Immature defenses	denial
Mature defenses	sublimation	avoidance	Humor	dissociation
Undoing	Fantasy	FREE	Psychotic defenses	Action defenses
Passive-aggression	displacement	regression	Intellectualization	projection
acting out	compensation	rationalization	reaction-formation (mask)	Obsessional defenses

B	I	N	G	O
Humor	displacement	Altruism	compensation	Fantasy
regression	Undoing	acting out	reaction-formation (mask)	avoidance
rationalization	Intellectualization	FREE	projection	Passive-aggression
repression	dissociation	high adaptive defenses	sublimation	Mature defenses
Psychotic defenses	Action defenses	denial	Immature defenses	Obsessional defenses