

No	Narration and Dialogue	Anxiety			Explanation
		Neurotic	Moral	Realistic	
1	<p><i>What a joke. Already my whole body is tense. <b>Already my breath is coming faster. Panic is rocketing around my body. I'm losing control.</b> I hear Dr. Sarah's voice, and try to recall her soothing presence</i>            (Finding Audrey, pg. 57)</p>	v			<p>Ever since the bullying that happened in her school, Audrey started to has an anxiety. She cannot socialize as a normal person and always has an anxiety if she meet any strangers.</p> <p>Audrey's sentences “<i><b>Already my breath is coming faster. Panic is rocketing around my body. I'm losing control</b></i>” is indicating one of <b>neurotic anxiety</b>’s symptoms. Which is a psychical disturbance that is caused by an overwhelmed anxiety such as; the feeling of fatigue, always feeling tired, trouble of breathing and trembling without any realistic reasons.</p>
2	<p>So I can tell myself rationally that talking to Linus in the same</p>	v			<p>Audrey is trying hard to think</p>

	<p>room and everything will be fine. No worries. What's the problem? A conversation. What could be dangerous about a conversation? But my stupid brain is all, like, <i>Red Alert! Danger! Run away! Panic! panic!</i> and it's pretty loud and convincing. And my body tends to listen to it, not to me. So that's the bummer. Every muscle in my body is taut. My eyes are flicking around in fear.</p> <p>(Finding Audrey, pg. 57)</p>			<p>that talking to Linus, his brother's friends, would be something normal. But her anxiety, which is coming from herself said otherwise. Rationally, talking to stranger would be normal for people who has no anxiety. The following quotation shows Audrey's <b>neurotic anxiety</b> as her ego overwhelmed by her id, which is causing her irrational thoughts and fear. On this case, talking to a stranger she barely knew, which is Linus, her brother's friend.</p>
3	<p>The next day I spend twelve solid hours in bed. Just the thought of Starbucks has sent me slithering down a tunnel of fear,</p>	v		<p>Audrey's words <i>Just the thought of Starbucks has sent me</i></p>

	<p>to the black, dark place. Even the air seems abrasive. Every noise makes me flinch. I can't open my eyes.</p> <p>(Finding Audrey, pg. 63)</p>			<p><i>slithering down a tunnel of fear, to the black, dark place</i> express her neurotic anxiety because she fears of going to Starbucks. Audrey's fear comes when she hears about other place outside. For normal people, there is nothing wrong with going out to Starbucks, but for Audrey, she worries about the condition in the outside. Audrey's words <i>Every noise makes me flinch. I can't open my eyes</i> to prove her feeling of anxiety.</p>
4	<p>I know it's difficult.' Dr Sarah is focused solely on me. 'I'm not suggesting you go out alone. But I think it's time, Audrey. I think</p>	v		<p>Similar with the previous dialogue, Audrey's <b>neurotic</b></p>

	<p>you can do it. Call it project Starbucks.’</p> <p>Starbucks? Is she <i>kidding</i>?</p> <p>Tears have started to my eyes. My blood is pulsing in panic. I can’t go to Starbucks. I <i>can’t</i>.</p> <p>(Finding Audrey, pg. 63)</p>				<p><b>anxiety</b> appears when Dr. Sarah told her that she has to go to Starbucks. Audrey starts to cry when she knows that she has to go there. As for normal people, there is nothing wrong with going out to Starbucks, but for Audrey, she worries about the condition in the outside.</p>
5	<p>“Please don’t swear Frank,” she says icily. ‘And yes I can. This is my house. I control who comes in and out of it. You know Audrey had an attack when he was here?’ ‘She won’t have any more attacks,’ says Frank at once. ‘Audrey’s getting used to Linus, aren’t you Audrey?’ ‘He’s OK,’ I say weakly. ‘Well discuss it,’ says Mum. Giving Frank another icy stare.”</p> <p>“When she puts it like that, you</p>		v		<p>Frank and Linus joined LOC team for the International tournament. Thus Linus often comes to her house to play games with Frank. However, since the incident of panic attacks experienced by Audrey when she</p>

	<p>do feel guilty. <b>I mean, I feel bad and I didn't even do anything, so I expect Frank feels worse. Although you never know, with Frank.</b>"</p> <p>(Finding Audrey, pg. 69)</p>			<p>first meet Linus, Her mother banned Linus to come to her house. She thinks that Linus is a threat to Audrey. Thus Audrey feels guilty to her brother. This feeling of guilty leads to Audrey's moral anxiety when she could feel a sense of self punishment. Thus, the anxiety that Audrey has in this narration is <b>moral anxiety</b>.</p>
6	<p>"Natalie was my best friend. She wrote me a letter after I left school and her mum sent flowers and I know they call Mum every so often. I just can't reply. I can't see her. I can't face her. And it doesn't help that Mum kinds of blame Natalie for what happened. Or at least, she thinks Natalie was 'culpable' for not 'acting sooner'. <b>Which is so unfair None of it was Natalie's</b></p>	v		<p>The statement describes that Audrey feels guilty to Natalie because Audrey's mother blames Natalie for the incident. Her mother thinks Natalie is one of the bully girls. Since then Audrey is not</p>

	<p><b>fault.”</b></p> <p>(Finding Audrey, pg. 61)</p>			<p>brave enough to make communication and meet Natalie.</p> <p>Since the incident, she loses Natalie as a best friend. Thus, the anxiety that Audrey has in this narration is <b>moral anxiety</b>.</p>
7	<p>“Let’s visualize the worst that can happen,’ says Dr. Sarah cheerfully. ‘You ask Linus to come over and he says no. how does that make you feel?’ trickles of anxiety are running down my back. I don’t like this conversation anymore. I should never have mentioned Linus. ‘How does that make you feel?’ persist Dr. Sarah. ‘Audrey, work with me. Linus has just said, “No I won’t come over.” What are you feeling?’ ‘I’m totally embarrassed,’ I say miserably. ‘I’m dying. I’m like, oh my God. Like, I’m so stupid...’ I screw up my face in agony.”</p> <p>(Finding Audrey, pg. 97)</p>	v		<p>Based on the dialogues, it can be seen that Audrey experiences <b>neurotic anxiety</b> which come from her bad thought. She has a project with Dr. Sarah to interview Linus. However, she already thinks that Linus will refuse her offer. One of neurotic anxiety’s symptoms is illusion. On this case, Audrey has already illusioning that Linus</p>



				wouldn't want to be interviewed.  But the fact is, she hasn't asked yet.
9	<p>"The angry voice is like a chisel in my brain. <b>It's making me flinch and close my eyes and want to flee. I'm starting to panic. My chest is rising and falling. I can't stay. I can't do this.</b></p> <p>(Finding Audrey, pg. 114)</p>	v		<p>Audrey's <b>neurotic anxiety</b> comes from her panic reactions. Her ego feeling overwhelmed by the id, which threatens to express its irrationality in thoughts and behaviour.</p> <p>These reactions appear suddenly with no apparent provocation (No one is threatening Audrey in real life but her anxiety is kicking her in). This panic reactions appear when Audrey is in the Starbucks and there are a lot of</p>

					people.
10	<p>I've texted Linus and told him about it. <b>I've said I'm sorry I blew up at him.</b> I've said he was right, I should never have gone and miss him and I want to see him so, so much. I want to go back to how were. I want him to give me another crazy challenge. I want to forget I ever went to see Izzy".</p> <p>(Finding Audrey, pg. 248)</p>		v		<p>The feelings of guilt that is experienced by Audrey is not only to Frank and Natalie but also to Linus. The feeling appears when she's feeling a regret by not listening to Linus's advice to not to meet the bully girl. Those statements also shows that Audrey feels disappointed with herself because she's not listening to Linus's advice to not to see Izzy. When she meets Izzy, she hopes that Izzy will apologize to her, but she did not get what she wants. Meanwhile, Audrey tried to</p>



					apologize for blaming Linus to assume what she did is right. Thus, the anxiety that Audrey has in this narration is <b>moral anxiety</b> .
11	<p><b>“I look at the photo again, at Mum’s happy, shiny photo face – and then down at her tired, asleep, real-life face on the bed.</b> It hadn’t occurred to me that mum had stopped working completely. But ever since I’ve been at home, I realize she hasn’t gone to her office once.</p> <p><b>I feel like I’m slowly coming out of a fog and noticing things I didn’t before.</b> What Dr Sarah said is true: you get self-obsessed when you’re ill. You can’t see anything around you. But now I’m starting to see stuff.”</p> <p>(Finding Audrey, pg. 127)</p>		v		<p>When Audrey’s mother sick and falls asleep, Audrey looks at the face of her mother. Her mother used to be a business woman, but since Audrey’s bullying happened, Audrey’s mother decided to stay home and take care of her. Audrey’s feels guilty because she never realized how much her mother sacrifices her job for her. On this case, Audrey feels a sense of self-punishment because she</p>

				feels it is her mistake that her mother stays home taking care of her and deep down on her feelings, she feels a sense of guilt. Thus, the anxiety that Audrey has in this narration is <b>moral anxiety</b> .
12	<p>“Because of me, Mum is hanging around at home, worrying and reading the Daily Mail. <b>Because of me, Mum looks all tense and tired instead of shiny and happy.</b>”</p> <p>(Finding Audrey, pg. 128)</p>		v	<p>Audrey blames herself, she has a feeling of guilt knowing that her Mum stays at home instead of working as a businesswoman. She’s feeling a sense of self – punishment because according to her, her mother looks tense and tired, all of it because taking care of Audrey’s anxiety at home. Thus, the anxiety that Audrey has in this</p>

					narration is <b>Moral Anxiety</b> .
13	<p>“.....Natalie breaks off from her jabbering. ‘So, are you going to come back?’</p> <p><b>The question hits me like a punch in the stomach.</b> The idea of going back to that place literally makes me feel ill.”</p> <p>(Finding Audrey, pg. 138)</p>	v			<p>When Natalie asks if Audrey should come back to her school when her bullying happened. Audrey is frozen. The <b>neurotic anxiety</b> comes from inside her because of that triggering question – if she’s like to come back to that nightmare place. It is indicating that she’s still in trauma with all of that event, because for a normal person, that such a question is normal, but for her, it’s making her ill.</p>
14	<p><b>Trickles of anxiety are running down my back.</b> I don't like this conversation any more. I should never have mentioned Linus.</p>	v			<p>One of Neurotic Anxiety symptom is the feeling of anxiety</p>

	<p>'How does that make you feel?' persists Dr. Sarah. 'Audrey, work with me. Linus has just said, 'No, I won't come over.' What are you feeling?' 'I'm totally embarrassed, 'I say miserably. I'm dying. I'm, like, oh my God. Like, I'm so stupid..' I screw up my face in agony.</p> <p>(Finding Audrey, pg. 97)</p>				<p>and fear without any realistic reason. In this case, the reason that Audrey has her anxiety appear is because Dr. Sarah asks her about Linus.</p>
15.	<p><b>Every muscle in my body is taut. I can't breathe. My eyes are flicking around in fear.</b></p> <p>(Finding Audrey, pg. 57)</p>	v			<p>One of neurotic anxiety's symptoms is a psychological disturbance that is caused by an overwhelmed anxiety such as; the feeling of fatigue, always feeling tired, trouble of breathing and trembling without any realistic reasons. Audrey's neurotic anxiety happens when she's about to meet Linus for the first time. She feels</p>

				her body is taut and she can't breathe.
16.	<p>"Do you always wear those?" He nods at my dark glasses.  <b>My chest is pumping with terror.</b>  somehow I manage to edge past him.</p> <p>(Finding Audrey, pg 20.)</p>	v		<p>Audrey's neurotic anxiety comes when Linus asks why she's always wearing her glasses. That question would be really normal for people without anxieties. But for Audrey, that question makes her anxiety back, it is indicated by "<i>My chest is pumping with terror</i>", a <b>neurotic anxiety</b> symptom which comes with physical disturbance, such as a trouble of breathing.</p>
17	<p><b>My breath is coming like a piston engine and tears are coursing down my face.</b> (Finding Audrey, pg. 20)</p>	v		<p>Neurotic anxiety happens when a person feels threaten by no realistic</p>

					<p>stimuli a normal people wouldn't do. In this case, Audrey cries when Linus, as a stranger, approach her. A normal person wouldn't feel threaten by a stranger. Thus, Audrey is having a <b>neurotic anxiety</b>.</p>
18.	<p><b>Do you feel like a failure? Very much.</b>  <b>Do you ever wish you didn't exist? Very much.</b> (Finding Audrey, pg.22)</p>		v		<p>Audrey's overwhelmed anxiety that she feels like a failure and didn't exist without any specific reason is not usual for a teenager at her age. An anxiety without any specific reason indicates Audrey's <b>neurotic anxiety</b>.</p>
19	<p><i>Other people's eyes are limitless and that's what scares me</i> (Finding Audrey,</p>	v			<p>Audrey's condition that she has an</p>

	pg.24)				anxiety when she sees another people is indicating a <b>neurotic anxiety</b> , a psychological conditions in chronic fear and anxiety, there are no specific stimuli that cause those anxiety.
20.	<i>It's everyone else who is the problem, people on the street, people at the front door, people on the phone. (Finding Audrey, pg.30)</i>	v			Audrey's anxiety towards any stranger without any realistic reasons indicating that she has a <b>neurotic anxiety</b> , expressing its irrationality in thoughts and behaviour. A behaviour that normal people wouldn't have.
21.	But then a postman comes to the door and I run before I stop myself. (Finding Audrey, pg. 30)	v			When a postman comes to the door, instead of facing it, Audrey run and



				hides. Almost the same like the narrative 22, Audrey's tremendous anxiety towards a stranger without any realistic reasons indicating that she has a <b>neurotic anxiety</b> .
22,	In a bunch of girls, I was the one standing alone, hiding behind their hair. (Finding Audrey, pg. 31)	v		Audrey tells that in the school before she stopped going, she hides between their classmates, indicating that she has an anxiety in making a contact with people outside her safe zone. The type of this anxiety is a <b>neurotic anxiety</b> as her psychological conditions is in chronic fear and anxiety, without any realistic stimuli.

23.	<p>... <i>I can't go to starbucks. I can't.</i> (Finding Audrey, pg. 63)</p>	v		<p>When Dr. Sarah told her that she needs to go to Starbucks so she could exposure herself to strangers as her part of therapy, Audrey said anxiously that she cannot go there. Any normal people could go to Starbucks without any problem, but for Audrey, her <b>neurotic anxiety</b> making her think that she cannot go there. As her id, which is the thought that she's afraid of strangers so she cannot go, overwhelming her ego, which threatens to express its irrationality in thoughts and behavior.</p>
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24.	<p><i>The music on the sound system is too loud and the conversations around me are hitting my ear drums with a force that makes me wince</i> (Finding Audrey, pg, 112)</p>	v		<p>On the Starbucks, she feels the sound system and the conversations are too loud as it hits her ear drums. It can be seen that she's getting anxious with sounds that are happening around her without any specific reason. A normal people wouldn't feel anxious just because the sounds that are happening around them. It is indicating audrey's <b>neurotic anxiety</b>, an anxiety without specific stimuli.</p>
25.	<p><i>'I've tried!' Angry tears in my eyes. My head is a whirling mass of distress signals. I have to go. Now!</i> (pg. 115)</p>	v		<p>Audrey feels just alright and talks happily to Linus before they enter Starbucks, but when suddenly they</p>

				<p>enter, she has her anxiety back and</p> <p>Linus asked her to try to reduce her anxiety. Suddenly, Audrey is angry because Linus said that. It is indicating that Audrey's emotion is unstable, just like one of <b>neurotic anxiety's</b> symptom. A neurotic anxiety patient emotions are usually unstable; very irritable, and gets offended and angry quickly.</p>
26.	<p><i>A chocking dread is filling my chest, and I don't even know what I'm scared of.</i> (Finding Audrey, pg. 146)</p>	v		<p>When Linus told Audrey to try to talk with somebody, Audrey feels that she has an anxiety and she doesn't even know what she's scared of. "A <i>chocking dread is</i></p>

				<p><i>filling my chest”</i></p> <p>Means that she has a trouble of breathing is one of <b>neurotic anxiety</b>’s symptoms. A psychical disturbance that is caused by an overwhelmed anxiety such as; the feeling of fatigue, always feeling tired, trouble of breathing and trembling without any realistic reasons.</p>
27.	<p><i>But there are other weird random thoughts popping up, like <b>Everyone’s looking at me and I hate myself</b>.</i>(Finding Audrey, pg. 156)</p>	v		<p>Audrey tells about her anxiety that sometimes she felt people are looking at her and she hate herself.</p> <p>One of <b>neurotic anxiety</b>’s symptoms is illusion. On this case,</p>

					Audrey is illusioning that people are looking at her but actually it is only all on her head.
28.	<p><i>Starbucks? Tomorrow?</i></p> <p><b><i>My fingers are trembling. My skin feels hot. I'm breathing in for four counts and out for seven.</i></b> (Finding Audrey, pg.109)</p>	v			<p>When Linus asked her to go out to Starbucks with him, suddenly Audrey has her <b>neurotic anxiety</b> comes in. It is indicates by the psychical disturbance that is caused by an overwhelmed anxiety such as; the feeling of fatigue, always feeling tired, trouble of breathing and trembling without any realistic reasons.</p> <p>-</p>

**Table 2. Defense Mechanisms of The Main Character (Audrey) in *Finding Audrey***

Narration and Dialogue	Defense Mechanism										Explanation
	Repression	Sublimation	Projection	Displacement	Rationalization	Reaction Formation	Regression	Isolation	Denial	Fixation	
<i>My breath is coming like a piston engine and tears are coursing down my face (Finding Audrey, p.20)</i>							v				The type of defense mechanism that Audrey has on this condition is <b>Regression</b> . Audrey's tears, indicating that she's crying, meaning that she has been through a regression. The type of defense that Audrey has making her act like a child, which is crying, a thing that normal teenager wouldn't do if they were approached by a stranger.
<i>Although to be truthful, Stokeland isn't 'my school' any more. I haven't been to school since February, because some stuff happened there. Not great stuff.</i>									v		Audrey had been absent from school for months because of something (the bullying) that made her doesn't want to go to school. In this case, Audrey uses is <b>Denial</b> , as she does not acknowledge her school anymore because of the bullying incident. She deny the truth that Stokeland High is her school because of that traumatic incident.



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	(Finding Audrey, p.16)										
	<i>My chest is starting to rise in panic. Tears have already started to my eyes. My throat feels frozen. I need to escape. I need – I can't—</i> (Finding Audrey, p.20)	v									When Audrey’s mother and Frank argued, Linus, who approached Audrey in the room, made Audrey panic and cries. The defense mechanism that Audrey used is <b>Regression</b> . Audrey return to the developmental period that had been passed, and made her experience psychological distress, on this case, crying.
	<i>No one comes in here. No one is allowed to come in here. I can hear Dr Sarah’s voice in my head. Random snippets from</i>	v									At this point, Audrey shows a defense mechanism in the category of <b>Repression</b> , Audrey tries to suppress the trigger which cause her anxiety back, which is repeating

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	<i>our sessions. Breathe in for four counts, out for seven. Your body believes the threat is real, Audrey. But the threat isn't real. (Finding Audrey, p.20)</i>											what Dr. Sarah said into her mind, while the voice is actually the sounds from her own mind, not the voice of Dr. Sarah in reality.
	<i>The threat isn't real. I try to press the words into my mind, but they're drowned out by the panic. It's engulfing. It's like a nuclear cloud. (Finding Audrey, p.20)</i>	v										When Audrey saw Linus, Audrey felt tremendous anxiety, so she was unable to speak and felt panic, she tried to press the words on her mind that making her panic into her mind, so that it was included in the category of <b>Repression</b> as a process that exclude the distressing thoughts, or feelings

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											from the conscious mind.
	<i>My breath is coming like a piston engine and tears are coursing down my face (Finding Audrey, p.20)</i>							v			The type of defense mechanism that Audrey has on this condition is <b>Regression</b> . Audrey's tears, indicating that she's crying, meaning that she has been through a regression. The type of defense that Audrey has making her act like a child, which is crying, a thing that normal teenager wouldn't do if they were approached by a stranger.
	<i>"You keep saying that 'I'm fine' to people when you're not fine. You think that you should be</i>									v	On this case, Audrey is talking to herself about the anxiety that she has. Audrey used a word 'You' as a generalization that she has

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	<i>fine. You keep saying to myself: ‘Why aren’t I fine?’</i>											but in fact, she’s talking about herself. She’s in a denial state, the way she deny that she’s actually depressed and has an anxiety, but she deny it by saying that she’s fine. Thus, she uses <b>denial</b> as her defense mechanism.
	<i>“The angry voice is like a chisel in my brain. It’s making me flinch and close my eyes and want to flee. I’m starting to panic. My chest is rising and falling. I can’t stay. I can’t do this. Dr. Sarah’s wrong. I’m</i>			v								The statement shows that Audrey does a mechanism of projection when she’s in the Starbucks, an open public space full of people. She cannot handle her excessive anxiety because she has a panic attack, caused by being surrounded with people that she sees as strangers. Then, Audrey blames Dr. Sarah because of the anxiety that she has

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	<i>never going to get better.”</i> (Kinsella, 2015, p.114)											and thinks Dr. Sarah is wrong.
.	<i>A tear is running down my cheek. Where the hell did that come from? Dr Sarah hands me a tissue without comment and I scrub at my eyes, lifting up my dark glasses briefly to do so.</i> (Finding Audrey, p.23)							v				Audrey cries when she is on a consultation with Dr. Sarah. The type of defense mechanism that Audrey has is <b>regression</b> since she’s acting like a child again, which is crying.
	<i>‘Have you taken off your dark glasses this week?’ ‘not much.’ By which I mean</i>									v		To avoid eye contact with another people, Audrey is wearing a sunglasses. On this case, Audrey is lying. When the doctor asks

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	<i>not at all. She knows this.</i>											if Sarah already take off her glasses, Audrey said not much. But the fact is, she didn't take her glasses at all. Audrey doesn't want to face the reality. As she lies, the defense mechanism that she's been through is <b>denial</b> .
.	<i>“I have my comfort people. - people talk to – people I can talk to and laugh with and feel relaxed with” (Finding Audrey, p.30)</i>							v				From the line “I have my comfort people”, indicates that Audrey has her own safe zone. She's isolating herself from the “outside people” that she considers it as a threat. That is why, the defense mechanism that she used is <b>isolation</b> .
.	<i>“All the people in my therapy groups at St John's – they</i>							v				Same from the previous dialogue. This



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	<i>are my comfort people too” (Finding Audrey, p.30)</i>											narrative indicates that Audrey has been isolating herself from the outside people that she sees as a threat. Thus, the defense mechanism that she used is <b>Isolation</b> .
.	<i>I nod, trying to hide my rising panic. This is happening too fast. (Finding Audrey, p.24)</i>							v				Audrey's action to nod her head as a sign of approval for Dr. Sarah is a <b>Regression</b> because when she hid her anxiety, she obeyed the rules like a child.
	<i>“It’s everyone who is the problem. People on the street, people at the front door, people on the phone.”</i>			v								Audrey started to blame another people as they are the problem, the one that frightened her. But the truth is, the reason that Audrey is afraid to another people is because her anxiety disorder. She projects the problem to



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												another people, that is why Audrey uses <b>Projection</b> as her defense mechanism.
.	<i>I feel a blinding shaft of terror, which I tell myself to ignore, as my brain will often try to send me messages that are untrue and I do not have to listen to them. (Finding Audrey, p.24)</i>										v	When Dr. Sarah instructed the things that must be done by Audrey, Audrey's mind tried to reject the fact that she had to try various lessons that must be done to reduce her anxiety. So, that's come into <b>Denial</b> Mechanism.
.	<i>I need a Clonazepam, but right now I can't even leave the curtain to get it. (Finding</i>										v	Audrey wants to take her medications outside when Linus comes, but she can't even leave the curtain because she's afraid

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	Audrey, p.20)											to meet a new people. Thus, she’s <b>isolating</b> herself behind that curtain because she sees Linus as a threat.
.	<i>I’m clinging to the fabric like it’s the only thing that will save me</i> (Finding Audrey, p. 20)										v	Audrey still isolating herself when Linus comes to her house. She <b>isolates</b> herself behind that curtain.
	<i>In a bunch of girls, I was the one standing alone, hiding behind her hair.</i> (Finding Audrey, p. 31)										v	On this case, Audrey avoids themselves from the outside people, the ones that she sees as a threat. The way that she hides, avoids, indicating that she uses <b>isolation</b> as a defense mechanism.
.	<i>I mean, I appreciate</i>				v							Audrey's panic about something and

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	<i>your interest and concern, I really do. But you don't need to pollute your brain with that stuff. Go and, like, listen to a nice song instead.</i> (Finding Audrey, p.32)											explanations for things that make her feels anxious, she tried to shift it to the mind to be less concerned with it and replace its activities with something that can make it forget and make it more comfortable, namely by listening to music, so that things are included in <b>Sublimation</b> category.
.	<i>I scowl at Frank, I don't want to be reminded.</i> (Finding Audrey, p.40)	v										When Frank reminds Audrey about the time Linus was coming to their house, Audrey started talking to her mind that she doesn't want to be <b>reminded</b> about that event. She's <b>repressing</b> that event by having a thoughts that she doesn't want to be reminded.

o	Narration and Dialogue	Defense Mechanism									Explanation	
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.	<i>But then a postman comes to the door and I run before I can even stop myself (Finding Audrey, pg. 30)</i>										v	When Audrey at home, a postman comes and instead of meeting him, she run inside to the place that she considers safe and hide. The narration means that she still isolates herself with a stranger.
.	<i>My dark glasses are back on as I raise my head from Felix. (Finding Audrey, p.42)</i>								v			Audrey always wears sunglasses so she won't have any eye contact with strangers except from her comfort people. In this narration, Audrey is talking to Felix, her little brother, someone that she sees as her comfort people. Then suddenly, Linus, a person that she still sees as a

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												stranger at that time comes. Audrey puts back her glasses when Linus comes to create a gap between her and Linus. Thus, Audrey uses isolation as she puts back her glasses on, in order to minimize the impact of the threatening condition for her.
.	<i>Tears are filling my eyes as I get in – not that anyone can see them</i> (Finding Audrey, pg. 115)					v						Audrey cries as she can't handle her overwhelmed anxiety as she sees a lot of people at starbucks. In this moment, Audrey uses <b>regression</b> as her defense mechanism.

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.	<i>Relaxed and casual? What a joke. Already my whole body is tense. Already my breath is coming faster. Panic is rocketing around my body. I'm losing control. I hear Dr Sarah's voice, and try to recall her soothing presence. (Finding Audrey, p.57)</i>	v										The mechanism of Audrey's mind when Frank brought Linus to greet Audrey made her reflect on the <b>Repression</b> defense, which was marked by Audrey's anxiety which she ignored by trying to bring out the voice of Dr. Sarah into her mind.
.	<i>So I can tell myself rationally that talking to Linus in the same room and</i>					v						<b>Reaction-formation</b> happens when a person converts an. unacceptable feeling or trait into its opposite to cover up the person's real

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	<i>everything will be fine. No worries. What's the problem? A conversation. What could be dangerous about a conversation?</i> (Finding Audrey, p.57)											feeling or trait. Audrey's mind is trying to rationalize her feelings that nothing will happened if she's talking to Linus, making herself calm down and don't take it much more seriously.
.	<i>The thought of facing him or looking at him is impossible, so I turn away.</i> (Finding Audrey, p. 58)											When Linus first come to her house, she cannot face him straight and tend to hide away. Thus, she uses <b>avoidance</b> as her defense mechanism.
.	<i>I have an aching desire to grab my T-shirt and start shredding</i>						v					At this time, Audrey is using <b>Reaction Formation</b> as her defense mechanism. She's



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	<i>it to bits, only I have vowed to Dr Sarah that I will stop shredding my clothes. So I will not shred my top. Even though it would make me feel a ton better; even though my fingers are dying to find a place of safety. (Finding Audrey, p.58)</i>											repressing her desire to shred her clothes by doing the opposite of it, which is not shredding it at all. This was discussed with Audrey's thoughts who wanted to shred her clothes, but it was not done because she did not want to turn his attention to Linus, even though at that time, it was indeed to repair her extraordinary anxiety.
.	<i>‘Freya Hill’s gone to my cousin’s school,’ he continues. ‘I don’t know what happened</i>	v										Izzy Lawton and Tasha Collins are the names of the girls that bullied Audrey. When Linus mentioned that name, Audrey

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<p><i>to Izzy Lawton or Tasha Collins.'</i></p> <p><i>I recoil at the names. 'I don't really want to talk about it.'</i> (Finding Audrey, p.59)</p>											<p>just talk to him straightly "I don't want to talk about it" it means that Audrey avoids that kind of conversation which reminds her to all of those bullying events. It means that Audrey uses <b>repression</b> as her defense mechanism.</p>
<p><i>Tears have started edging to my eyes. My blood is pulsing in panic. I can't go to Starbucks. I can't</i></p>							v				<p>When Dr. Sarah said Audrey needs to go to Starbucks, Audrey started to cry by just thinking that she has to meet a lot of strangers there. The defense mechanism that Audrey used is <b>Regression</b>, Audrey return to the developmental period that had been passed, and made her experience</p>

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												psychological distress, on this case, crying.  “Tears have started to my eyes. My blood is pulsing in panic.”
	<i>The music on the sound is too loud and the conversations around me are hitting my eardrums with a force that makes me wince, but I’m going to face it instead of resisting. (Finding Audrey, p. 112)</i>						v					When Audrey arrives at starbucks, she hears the music louds and the conversations around her that makes her anxiety comes back. Instead of hiding or resisting it, she decided to do the opposite of it, which is facing it. That’s why the type of her defense mechanism is <b>reaction formation</b>
	<i>Angry tears rise in my eyes (Finding Audrey, p. 115)</i>										v	Audrey arrives at Starbucks, and her anxiety comes back because she sees a lot of people

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												there. Audrey starts to cry when Linus asks what happened. Thus, the defense mechanism that Audrey uses is <b>regression</b> .
	<i>Tears are welling in my eyes as I back away (Finding Audrey, p. 146)</i>										v	The second time Audrey and Linus come to Starbucks. Linus tells Audrey to try to talk with another people. But, she gets a bad reaction from the person that she tries to contact with. Audrey cries. Thus, she uses <b>regression</b> as her defense mechanism.
	<i>The tears in my eyes are edging down my cheeks by now. (Finding Audrey, p. 146)</i>										v	Audrey is still crying because of what happened from the previous narrative. She uses <b>regression</b> as her defense mechanism.
	<i>‘No, I’m fine,’ I say fiercely. ‘I’m fine’</i>									v		Because of the event that happened in the

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( <i>Finding Audrey, p.146</i> )											narratives 34, Audrey has her anxiety back but she says that she's fine when Linus asked her why. She's denying that she's not fine. Thus, she uses <b>denial</b> as her defense mechanism.