

Psychology Assignment - Defence Mechanisms

Defense Mechanisms

Defense mechanisms are unconscious psychological strategies we use to protect ourselves from anxiety-inducing thoughts and feelings. These strategies help us cope with internal conflicts and external stressors, often without us even realizing we're using them.

- **Denial:** This is when you refuse to accept reality or facts, especially if they're painful or traumatic. You might block out external events, memories, or experiences from your conscious awareness to avoid significant emotional distress.
 - **Example:** "Even after experiencing multiple traumas, some individuals might still believe they're in a perfectly stable state."
- **Rationalization:** This involves justifying controversial or unacceptable behaviors and feelings with seemingly logical or socially acceptable reasons, rather than acknowledging the real, underlying explanation. It's like creating plausible but false excuses to make your actions appear reasonable.
 - **Example:** "Someone might say 'life is unfair' to justify why they didn't put effort into resolving small problems."
- **Projection:** Here, you attribute your own unacceptable thoughts, feelings, or motives to another person. Instead of acknowledging your internal conflicts, you blame others, essentially "projecting" your own issues onto them.
 - **Example:** "When a student gets low marks, they might accuse their teacher of being unfair instead of admitting they didn't prepare enough."
- **Repression:** This mechanism involves unconsciously pushing distressing memories, thoughts, or desires out of conscious awareness. You avoid thinking about these painful experiences, keeping them buried in your unconscious mind.