

Defense mechanisms are ways of protecting ourselves when we have to deal with our unconscious wants, feelings, desires, impulses (psychological shield against anxiety)

procastination Vs D.M.?
↳ short term

Types

https://youtu.be/9bHm8_kq3DA

① Pathological

Denial

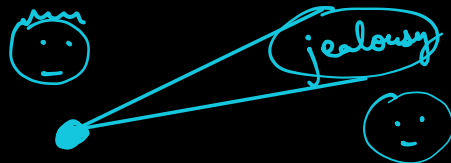
denying the thing that makes you anxious or gives you discomfort.

② Immature

→ socially unacceptable

projection

projecting your feelings on others. saying "you're jealous" when clearly you're jealous.



↓
this person might start to act out of jealousy after hearing what the projector said
it's called projective identification.

Passive Aggression

→ slow/indirect/passive way of expressing anger.

③ Neurotic

Intellectualisation

→ separating emotions from ideas
(funeral arrangements instead of mourning)

Rationalization

→ convince ourselves that it was "not my fault"
eg:- stealing

Regression

→ Acting like a baby

Displacement

→ someone else's anger on someone else (Boss's anger on wife)

Repression (Kinda like denial)

→ unconscious process
→ undesirable wishes / thoughts pushed down into unconscious

Humor

→ channeling hidden feelings in jokes

Sublimation

→ channeling negative emotion/energy into positive (anger into boxing)

Altruism

→ service of other people gives satisfaction (in temples)

④ Mature Defence Mechanisms

(more socially accepted & healthier)

Suppression

→ like repression, but more conscious, way of pushing -ve things in unconscious.

Reaction Formation (neurotic exp.)

→ feeling opposite to how you feel

eg:- if you were a immigrant you might like to volunteer in an immigration camp.

Dissociation

→ living in fantasy
not in real life.

or when you are attracted to
someone but tells everyone that you
hate them.

Compensation

→ counterbalancing of perceived
flaw or weakness by instead
emphasizing strengths.

eg:- 'I am bad in relations but my career
is going great!'

Anticipation

Anticipate possible events

Affiliation

Turn to others
for support