Psychology of Human Relations – Chapter 4 Concept Notes Outline

1. Define and describe two coping strategies that you have used in your life.

Denial: Refusing to believe that a stressful event has happened

Mental Disengagement: Turning to work or other activities to take my mind off of things

1. What are defense mechanisms and how do they work? Are they healthy or unhealthy?

Defense Mechanisms are unconscious reactions that protect a person from unpleasant emotions that work through self-deception. They are more often than not unhealthy

1. Discuss constructive coping tactics in general? Why are they generally healthier than other types of coping?

It involves confronting problems directly, requires effort and realistic appraisals of yourself, recognizing and managing distuptive emotional reactions, and learning to exert control over harmful or destructive behaviors. They are generally healthier because they have been identified as tending to be effective and produce positive outcomes.

1. Pick one of the three – Appraisal-focused, Problem-focused, or Emotion-focused constructive coping. Define what it is and talk about some ways in which this approach helps one to cope with stressors.

Problem-focused: includes effort to remedy or conquer the stress-producing problem itself. It helps via the process of clarifying the problem, looking for alternatives, evaluating your alternatives and taking action.

1. List some ways in which the texts suggests coping with loss. Which approach do you think would be most helpful for you (though they are all helpful)? Why might you focus on this method of coping after experiencing loss?

Seek support while you are grieving, care for your own emotional needs, care for your own physical needs while grieving, Be aware and plan for grief triggers. Seeking support would most likely be the most helpful for me.