

Roll No. 8796

BSSE 7th (A)

* 'Defence Mechanism' *

- Defence mechanism involves and denies reality.
- To protect themselves from unacceptable, unconscious impulses.

i- Repression :- A defence mechanism that involve unconscious deny of the ~~that~~ existence causes anxiety.

It is an unconscious of forgetting of something that brings us discomfort or pain.

ii- Denial :- A defence mechanism that denys the event and existence of event.

iii- Reaction formation :- A defence against a disturbing ~~impulse~~ impulse, in unconscious form.

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iv- Projection:- A defence mechanism that involves attributing a disturbing impulse to someone else.
e.g I don't like him, he hate me.

v- Regression:-

A defence mechanism that involves retreating to an earlier less frustrating period of life, and displaying usually the childish behaviour characteristics of that more time.

vi- Rationalization:-

A defence mechanism that involves reinterpreting of our behaviour to make it more acceptable and less threatening to us.

vii- Displacement:- A defence mechanism that involves shifting id impulses from a threatening object or from one that is unavailable to that is available.

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Viii - Sublimations -

A defence mechanism that involves altering the id impulses. It is a compromise.
