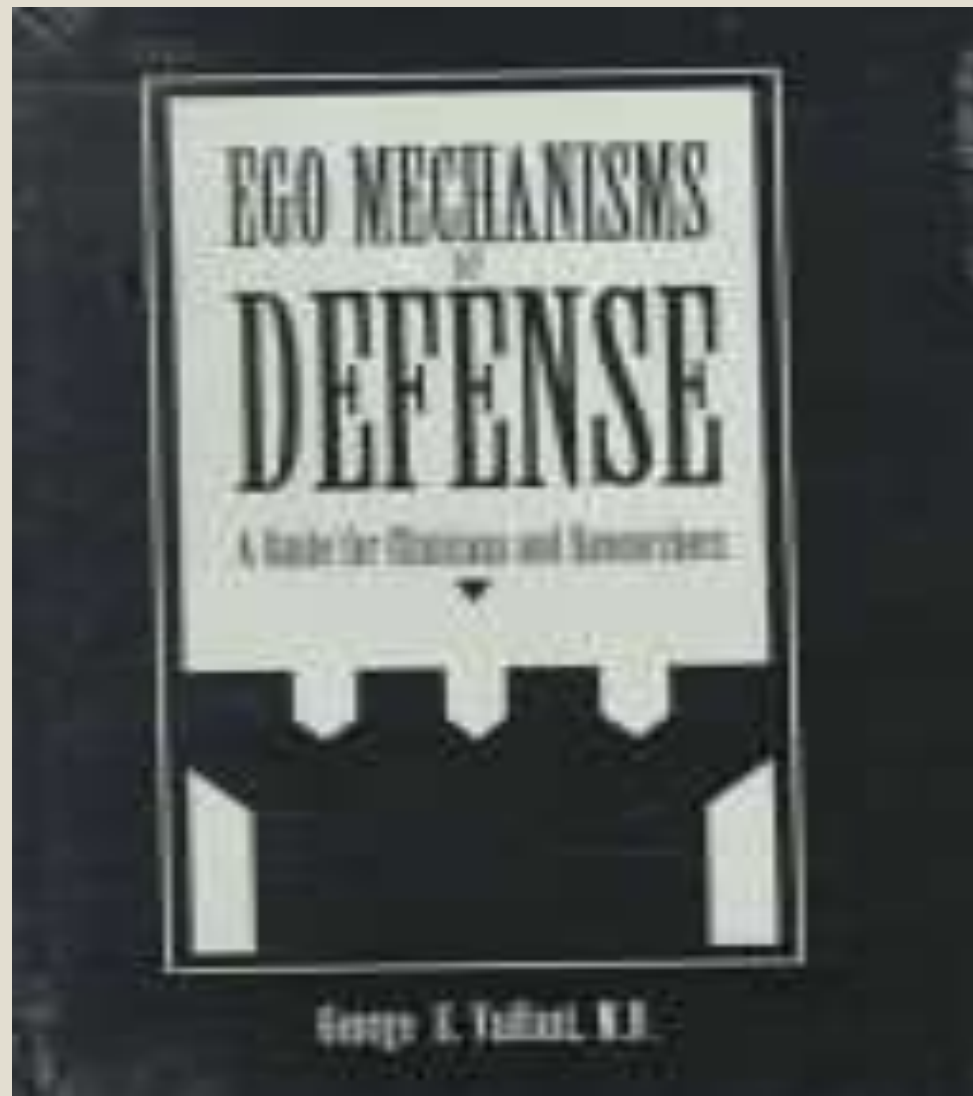




National University of Computer and Emerging Sciences



Psychology





PSYCHOLOGY

scientific study of behavior and mind



Psychology

Behavior

walking ←
Talking ←
Eating ←
Crying ←

Mental Process



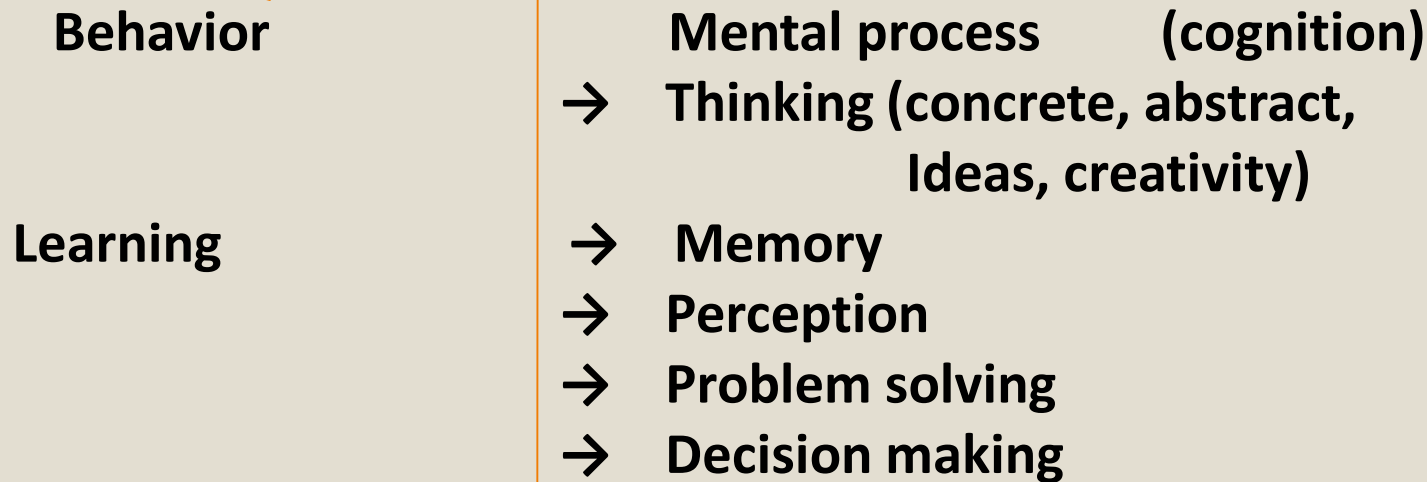
We learn behavior through Punishment and Reward
(pave love and skinner)

Behavior therapy

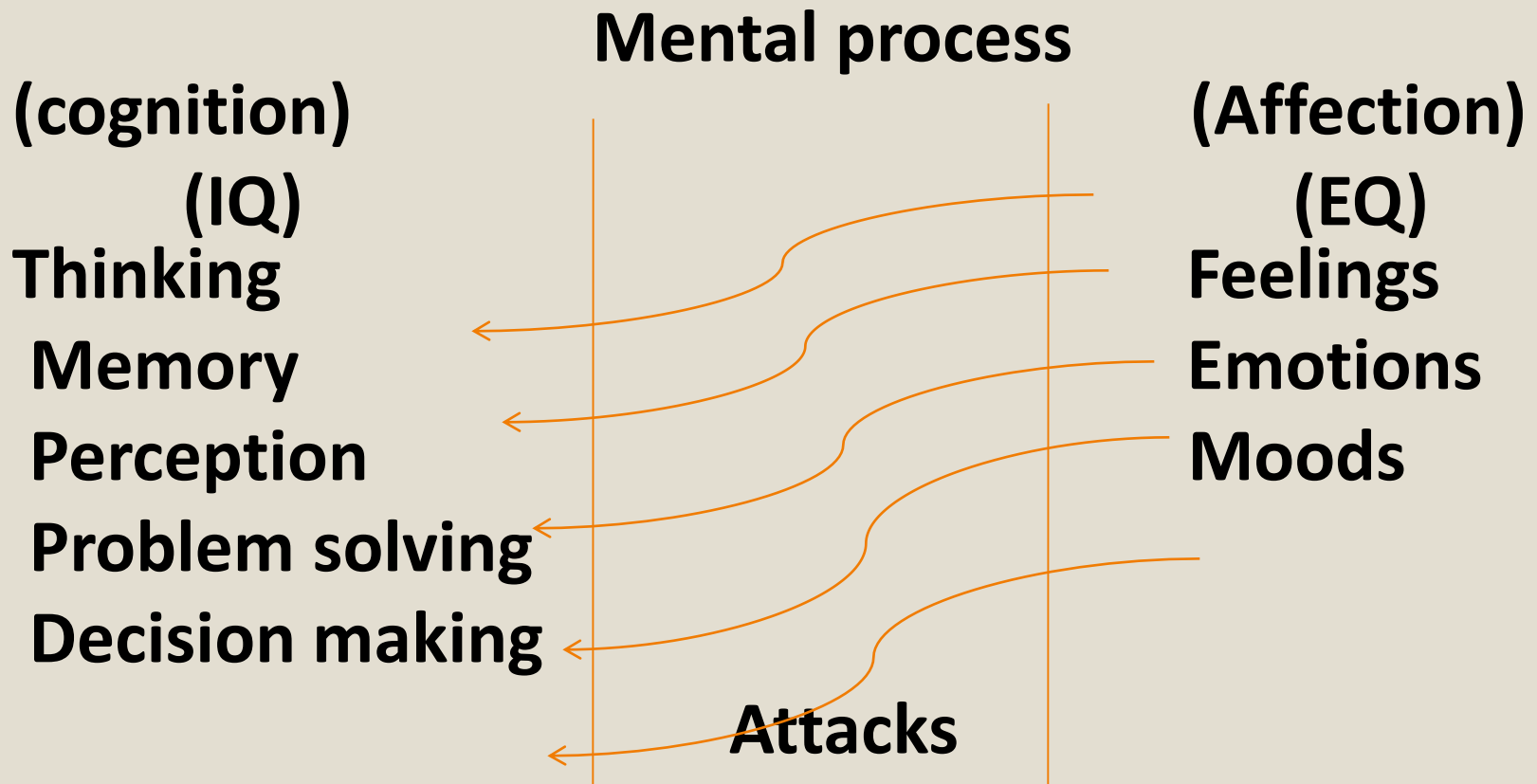


Cognitive therapist (Aaron T Beck)

Psychology



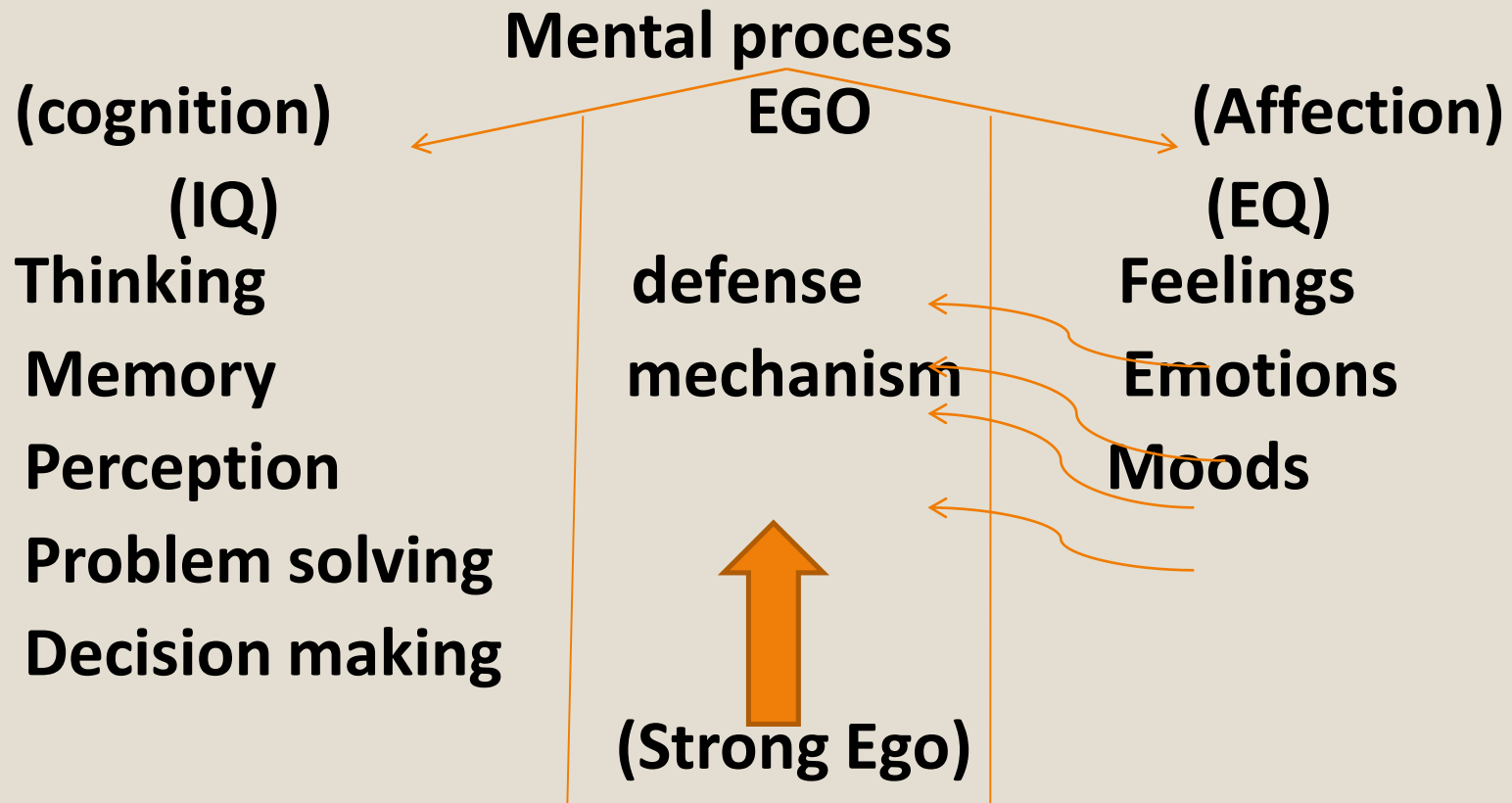
Cognitive - Behavior therapy

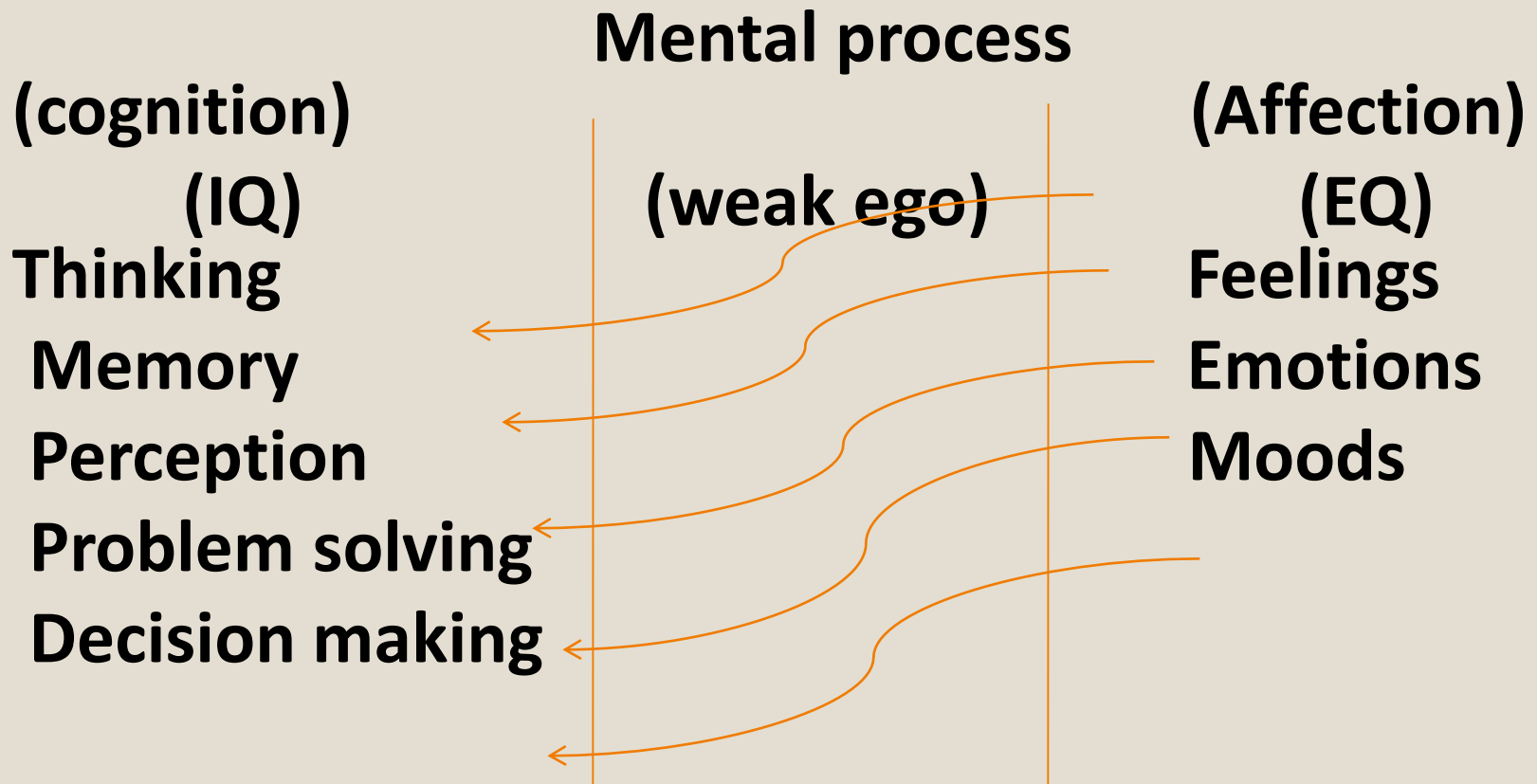




Attacks

- Negative emotions
- Unpleasant feelings
- Guilt feelings
- Shame
- Hurt







Ego melt down, guilt, fail coping





Ego defense mechanism

safeguard and **emergency** tools to cope with unpleasant feeling and negative emotions
these defense mechanism strengthen the ego functioning



JEROME S. BLACKMAN

101 DEFENSES

How the Mind
Shields Itself



**11 – recommended, healthy, positive
Ego defenses .strengthen the ego
functioning**

**11 – unhealthy, poor, weak Ego defense
that lead to depression, suicide, addiction.**

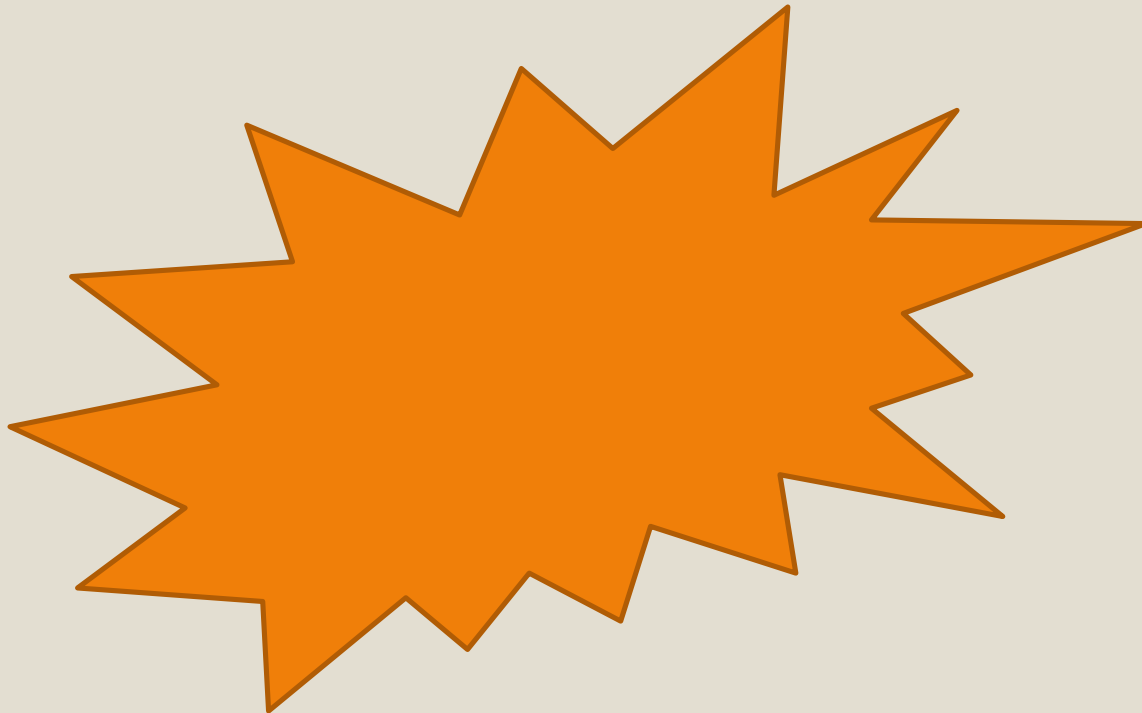


Healthy ego defenses





1





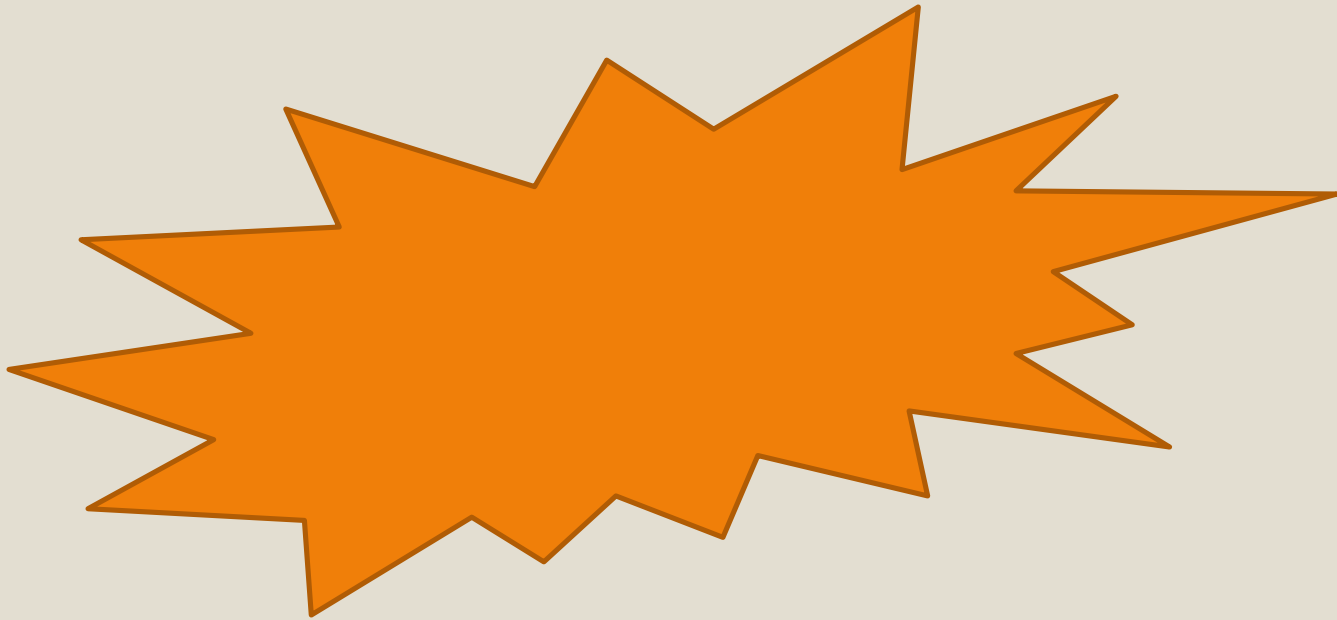
Suppression

you make a **conscious decision** to push that feeling down or go for a jog or take a cold shower.

Repression is subconscious, and Suppression is conscious. Both repression and suppression are a **denial** of a memory



2





Isolation of Affects

Reduce stress by thinking of the shocks as interesting new physiological sensations. one may attempt to resolve an emotional conflict by separating or objectively ditching ideas from associated feelings.

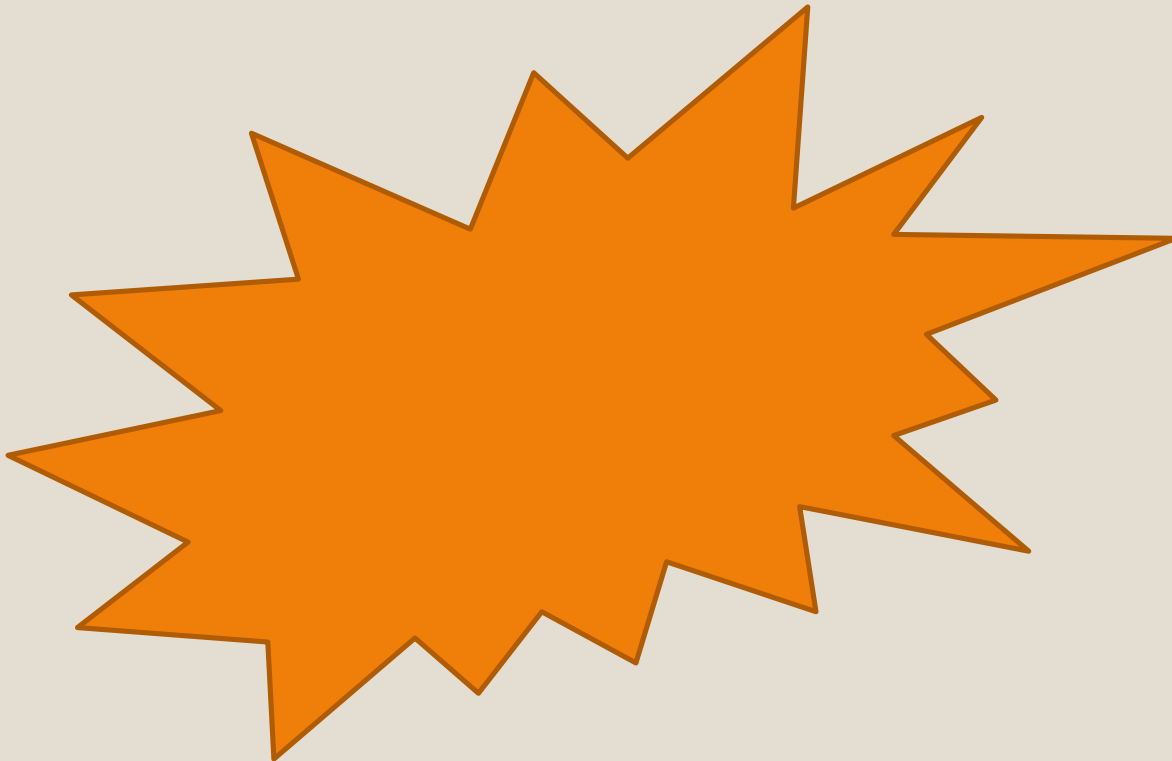


Isolation of Affects





3





Intellectualization

avoid thinking about the stressful, emotional aspect of the situation and instead focus only on the intellectual component. a person might employ intellectualization to distance from the impulses, event or behavior and focus to find opportunities in optimal manners.



Intellectualization





Thinking about the stressful, emotional aspect



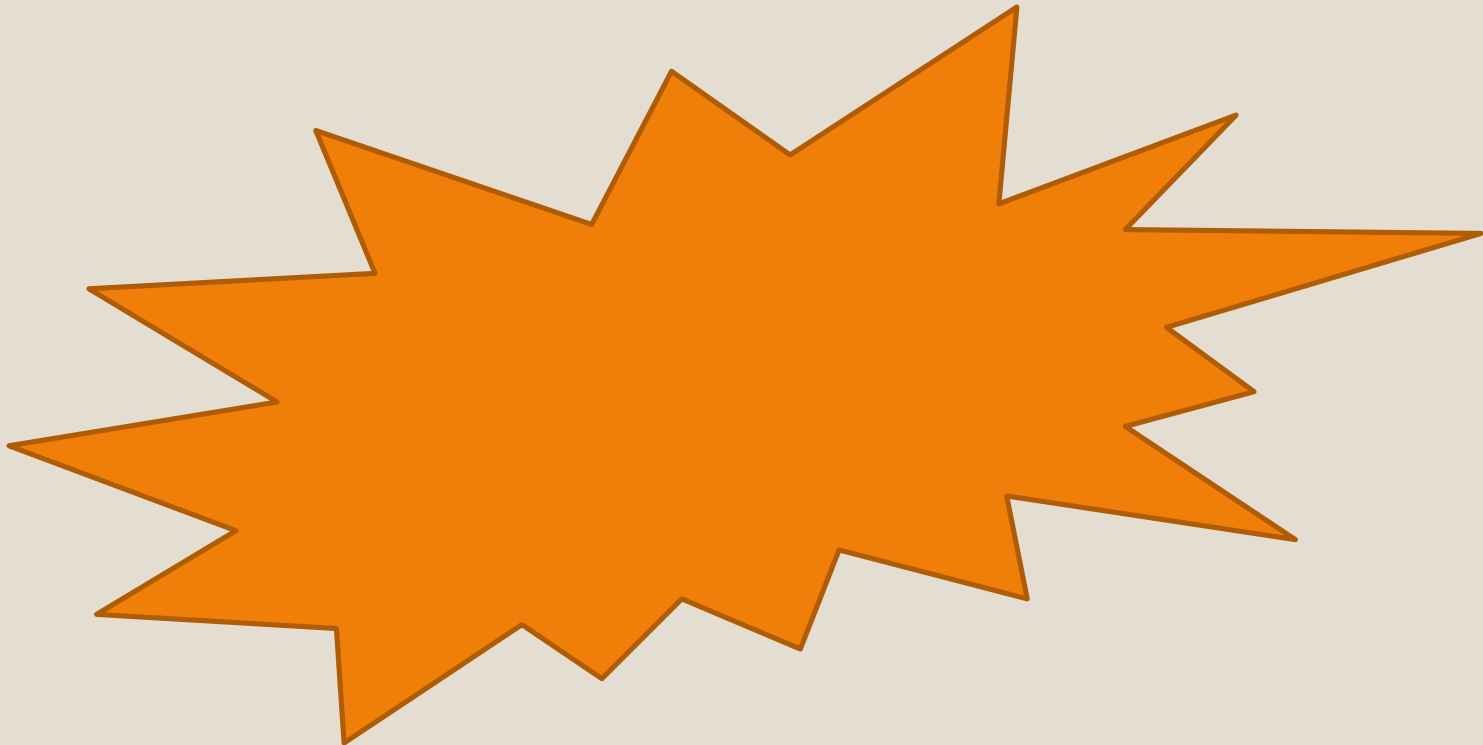


Intellectualization





4





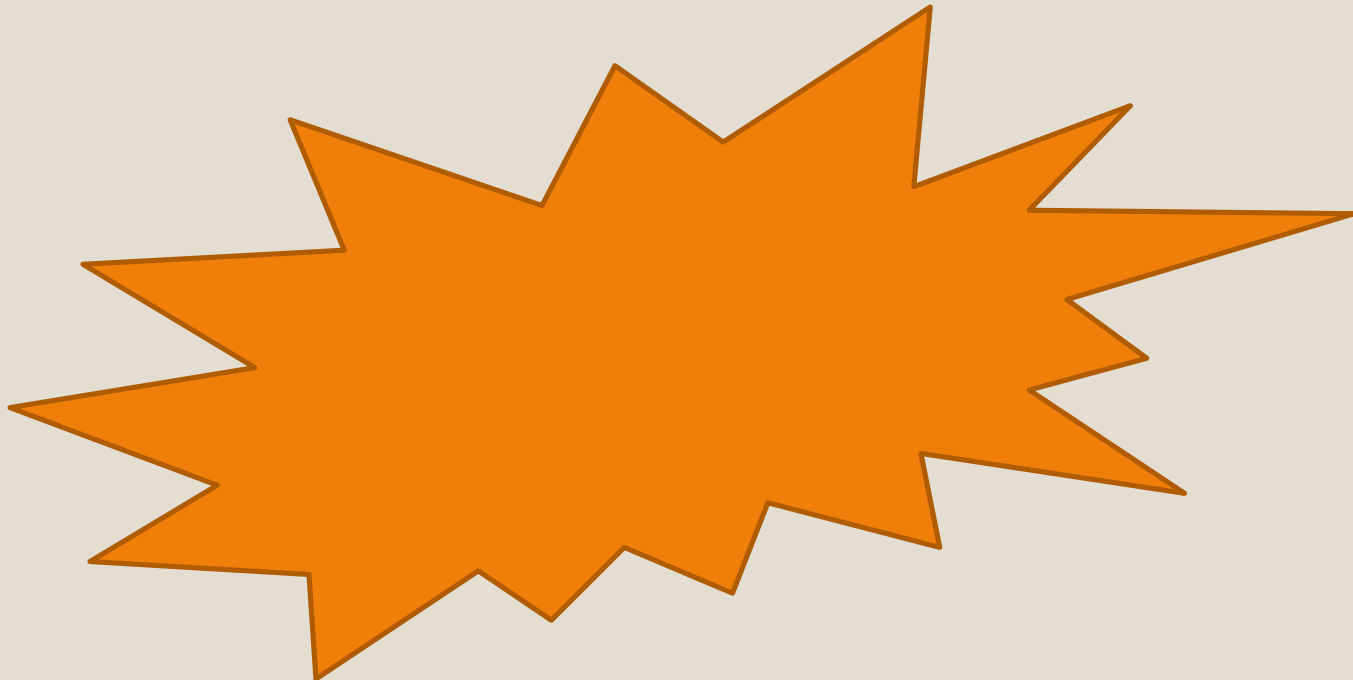
Rationalization (Reasoning)

protect self-esteem and self-concept.

**involves explaining an unacceptable behavior
or feeling in a **rational or logical manner**,
avoiding the true reasons for the behavior.**



5





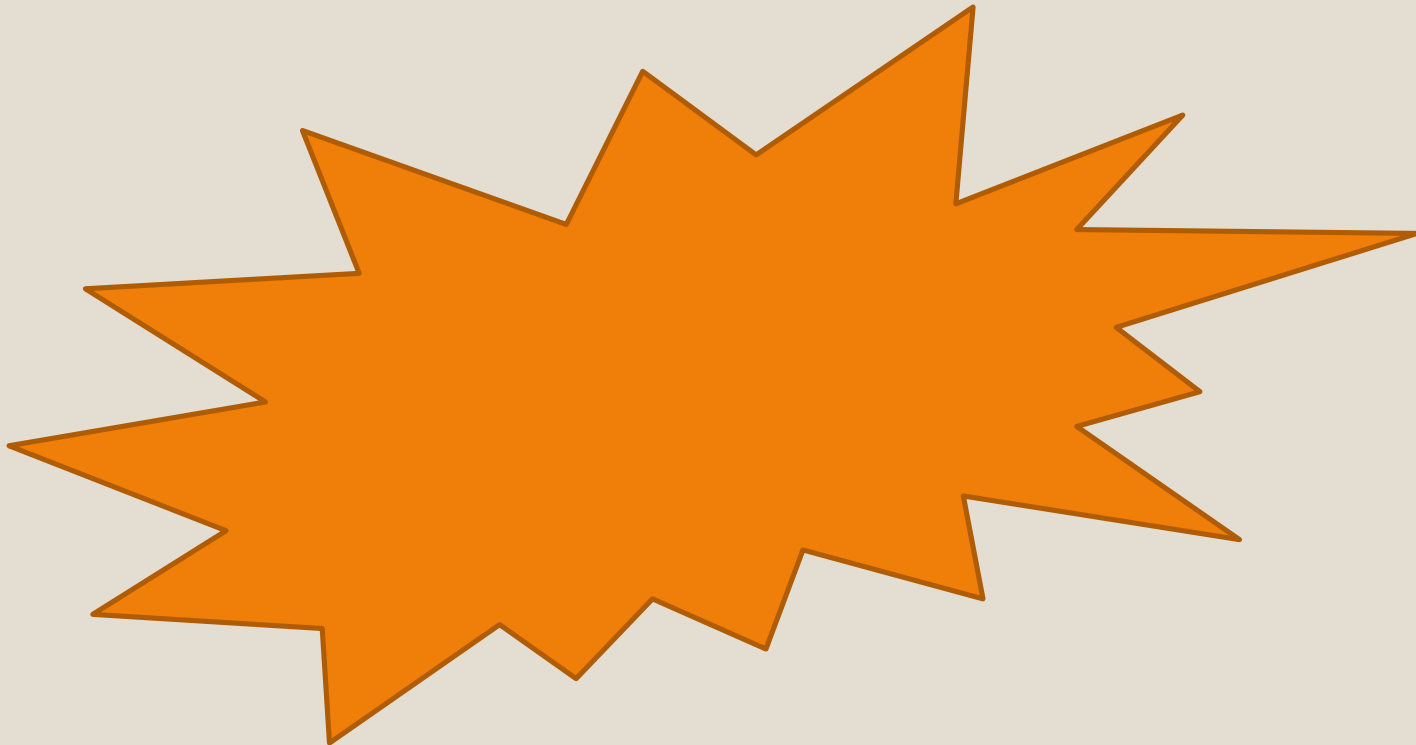
Hummer

(Fanny way)

laughter has been shown to reduce stress, boost the **immune system** and enhance brain chemistry through the release of serotonin and endorphins. Humor is a very effective means of dealing with overwhelming emotion and taking control of a situation.



6





Minimization

Minimization is one of the most common ways we reduce our feelings of guilt, through minimizing lose, decreasing intensity of loss or situation through comparing with worse.

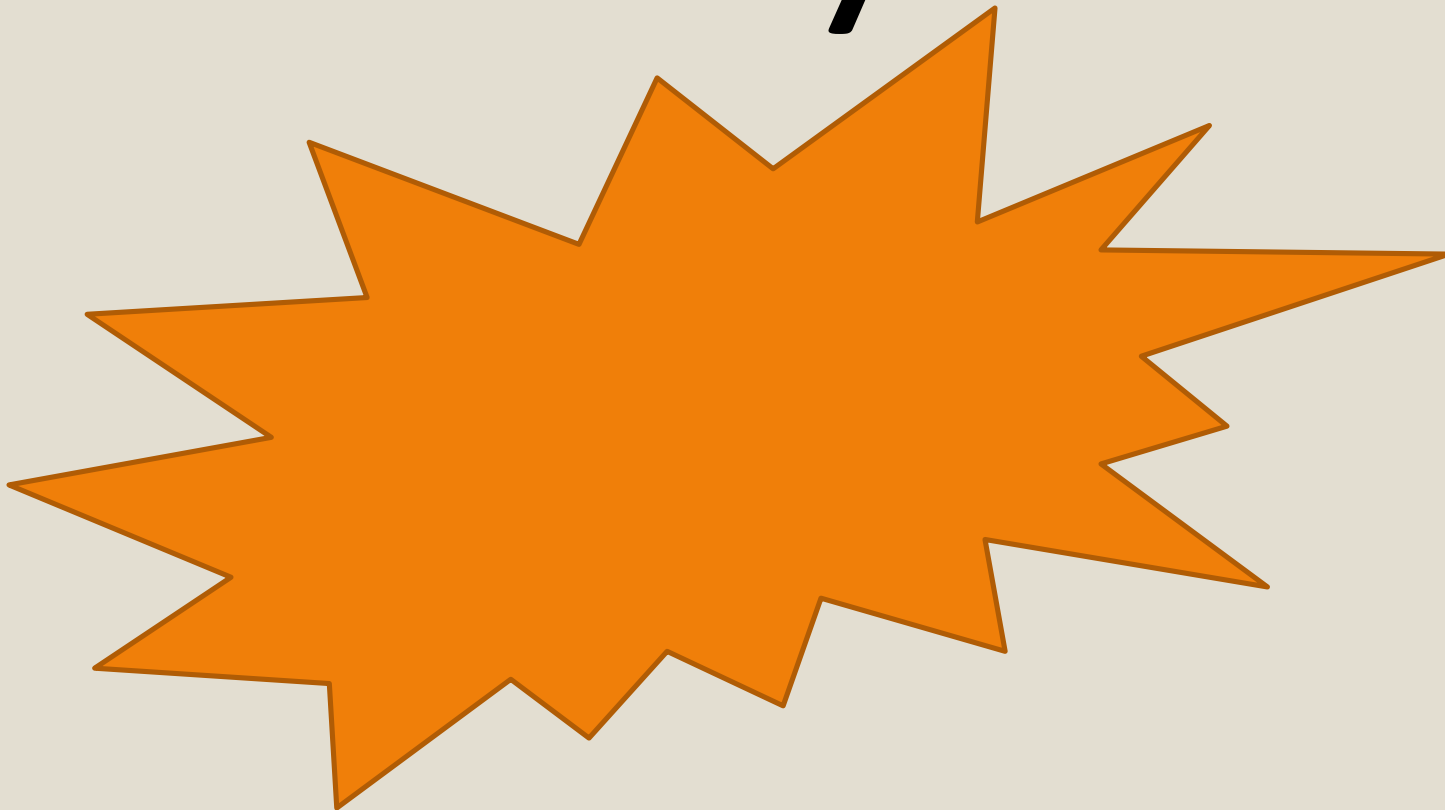


minimizing lose





7





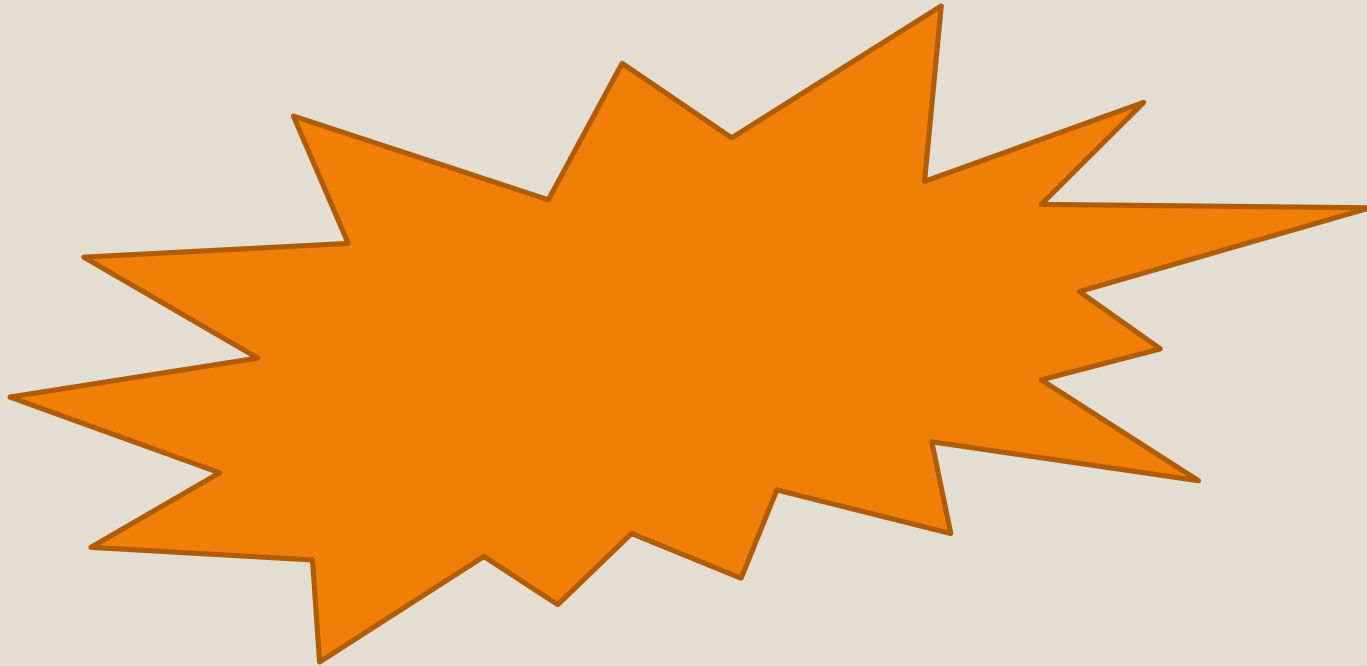
Identification with the good (Role model)

Assimilates an aspect, property, or attribute of the other and is transformed, wholly or partially, after the model the other provides.

subject seek to negate a personal weakness by associating with and /or emulating a perceiving power figure.



8



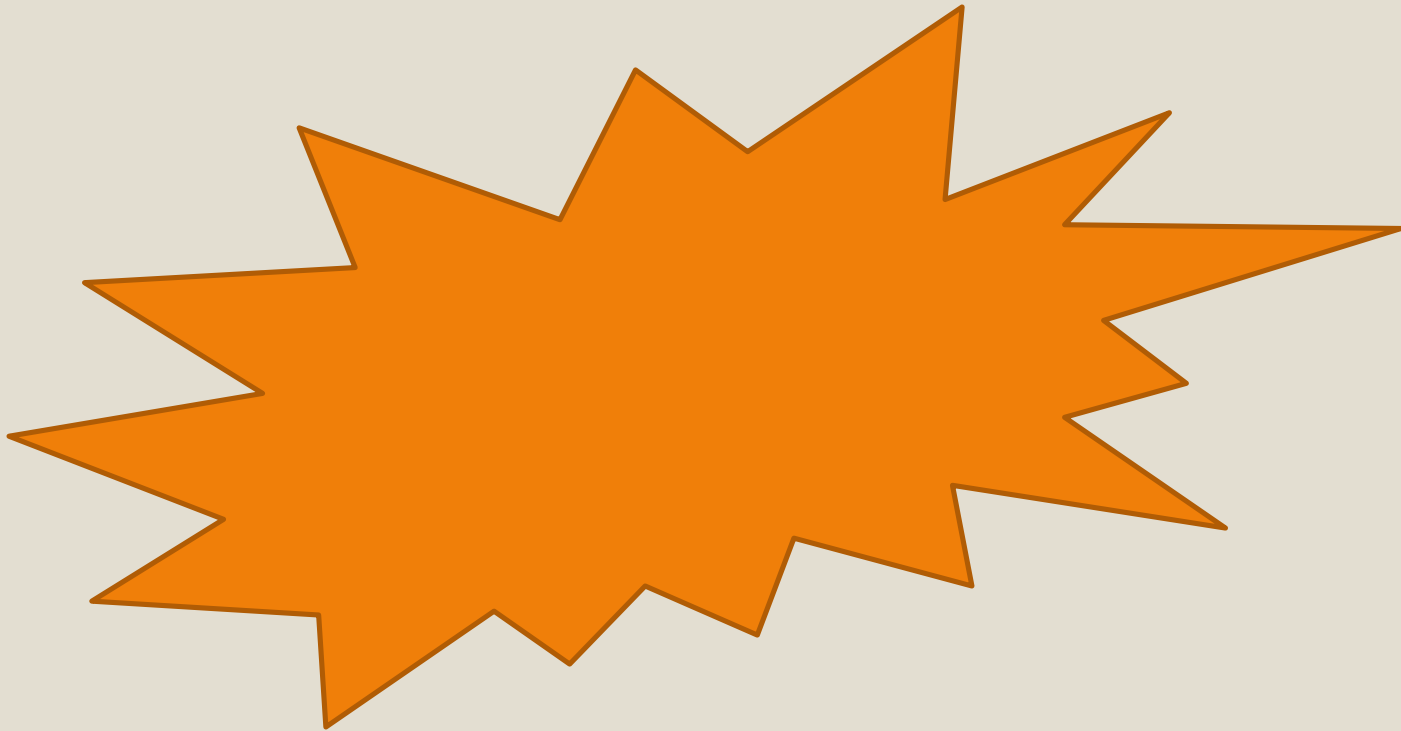


Generalization

Find similarities, majority, or common factors, and being with all ,,,,,,,,make it applicable to entire world.



9





Verbalization to repel projective attacks

**When someone ego hurts due to some reason
He/she discusses that thing with people again
and again and tries to get sympathy in
his/her favor. its increase the control over
ego functioning.**

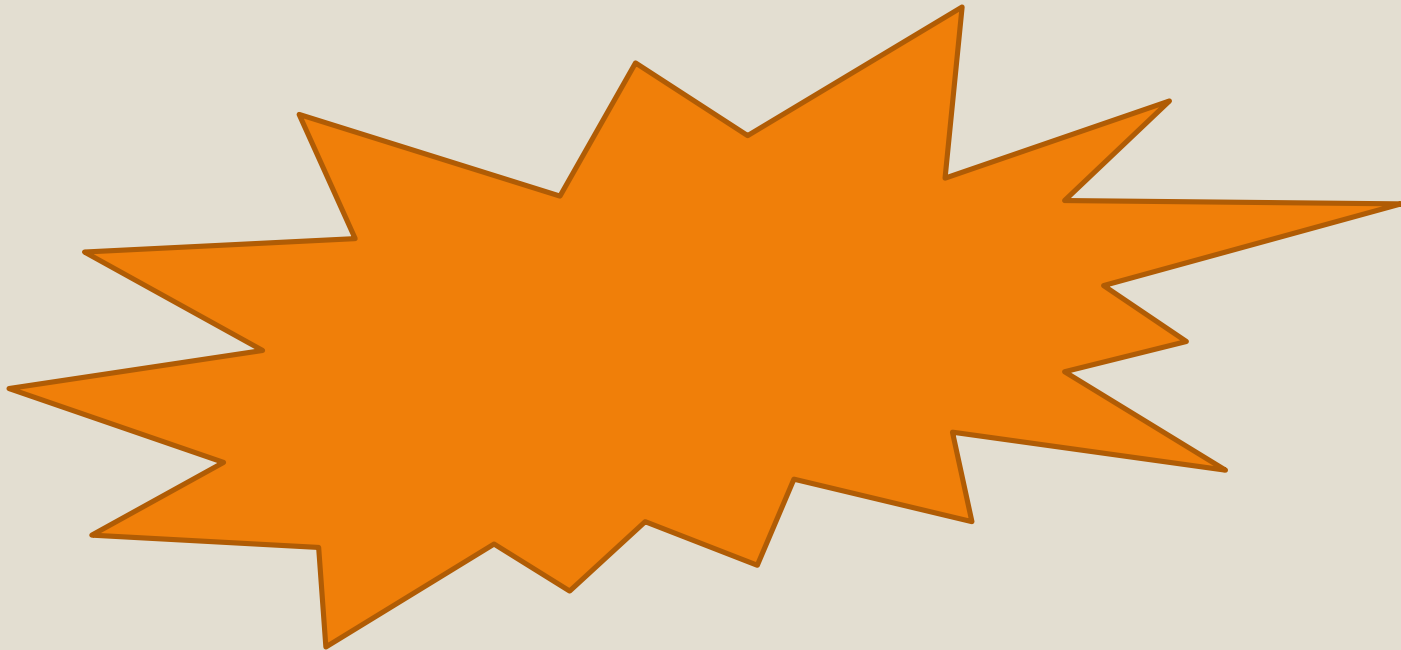


Verbalization to repel projective attacks





10





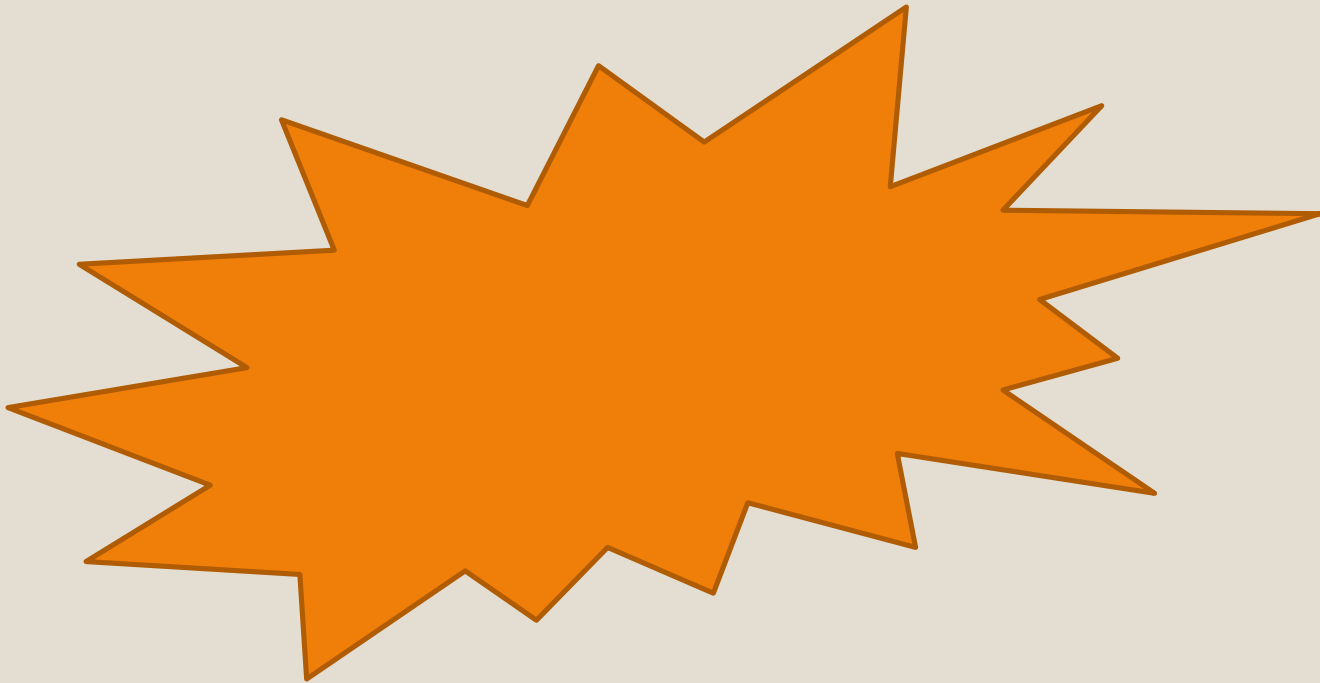
Avoidance

mentally or physically refusing to deal with or encounter unpleasant object or situation that causes distress. Sham, and guilt.

**ignore is unconscious and avoidance is
conscious choice .**



11





Displacement into social and political issues

**Displace consciously towards political and social issues just to cope with guilt, or unplecent feeling.
compensate for another weakness, or platform of expressing or converting feeling in acceptable manners.**



Displacement into social and political issues





Unhealthy, poor, weak Ego defense



I never say anything...

....Because you will **never** understand



Lead to
depression





suicide





Drug addiction





1





Turning to the self Anger

converted into self-hatred

Result = suicide

Help = support, family oriented psych-pharmacological approach.



self Anger





2





Self punishment

Self injuring behavior

Result = suicide, addiction ,

**Help = supportive therapy, reintroduce and
Reestablishment of importance of
Object- Relassion .**



National University of Computer and Emerging Sciences



3





Minimization of grief over losses

**No grief over someone they love or some ability
Or some senselessness .**

**Result = ego melt down, lose strength of affect
tolerance .(P,D)**

Help = pharmacological treatment



No grief





4





Reaction Formation

**Being too nice, formulate reaction against guilt
behaving in the exact opposite manner, hide
your true feelings**

Result = drug addiction

Help = supportive therapy



Reaction Formation Being to nice





Reaction Formation(Being to nice)





5





Socialization verses shame

Hide shame or guilt (not resolve) could be unconscious or maybe denial .artificial appreciation.

Result = drug addiction

Help = Hospitalization



6





Masochistic provoking

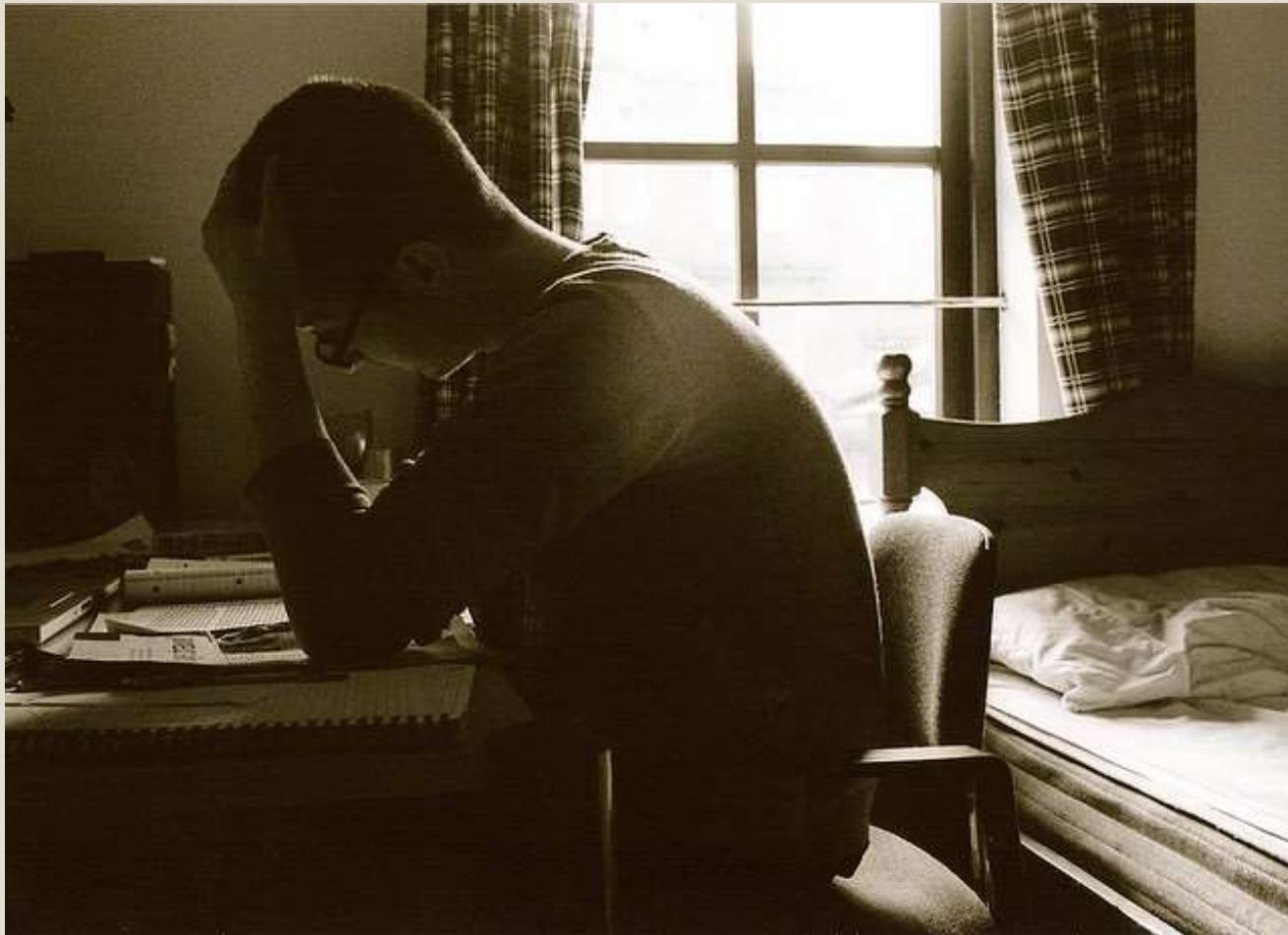
Provoking someone to heart him to relive his guilt

Result = suicidal fantasy

Help = Intensive psychotherapy or hospitalization .



failure





7





Withdrawal from Objects

Lose all interest in their ties to others (allay some pain)

Result = sever depression ,suicidal impulses

Help = Hospitalization



Lose all interest





8





Splitting

**Contradiction in statement and behavior or
splitting differently in other activates**

Result = Addiction, suicidal risk.

Help = Hospitalization



9





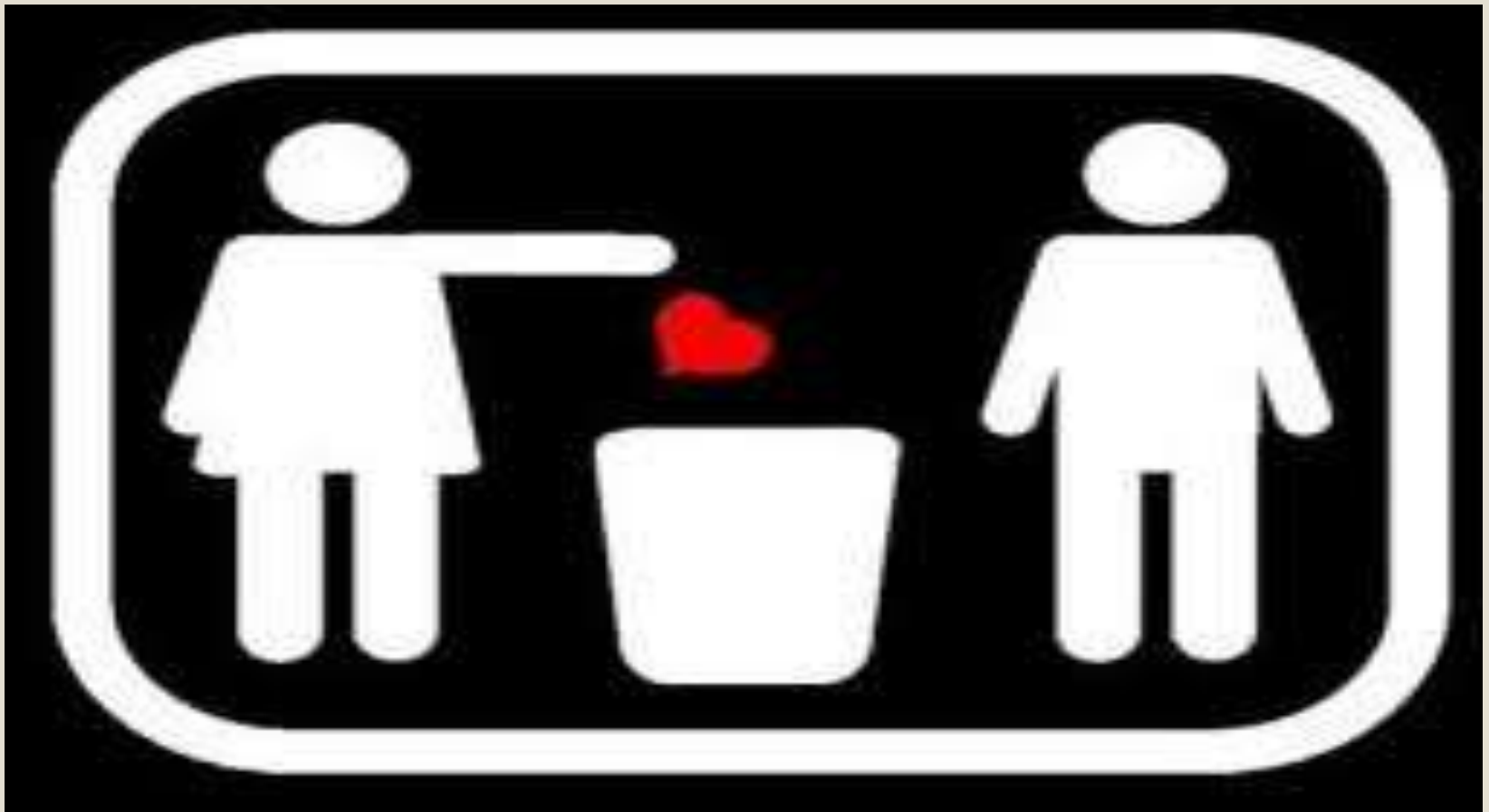
Vagueness

**Frustrated and feeling pleasure too,
intra-psychic conflict. Nighters accept nor reject.**

Result = drug Addiction
Help = Psychotherapy



Nighters accept nor reject





10





Identification with Aggressor

Just to response that how much he consult with someone ,,, to escape guilt

Result = Serious suicide

Help = Hospitalization



11





Denial of painful reality

Claim that having no problem, victims of traumatic events may deny that the event ever occurred.

Result = active suicide threats, drug addiction.

Help = confrontation, make him able to accept reality .



Clam that having no problem

