**DEFENSE MECHANISMS**

•**Defense mechanisms are invented by the Ego to resolve the conflict between Id and Superego**

**– so that personality can operate in a healthy manner**

•**All defense mechanisms have 2 properties –**

1. **Deny or distort reality in some way**
2. **Operate in unconscious level to protest anxiety**

**-To safeguard the mind against feelings and thoughts that are too difficult for the conscious mind to cope with**

1. DENIAL

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| **DESCRIPTION** | **EXAMPLE** |
| •Reality is distorted to make it suit to the individual’s wishes •When you use denial, you simply *refuse to accept the truth or reality* of a fact or experience | •An alcoholic fails to acknowledge that he is addicted to alcohol  • Heavy smokers individuals may refuse to admit that smoking is bad for their health |

1. REPRESSION

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| **DESCRIPTION**  •Unpleasant experiences are subdued in the unconscious mind and can’t be access by the conscious mind  •Thoughts that are often repressed are those that would result in feelings of guilt from the superego | **EXAMPLE**  •An accident victim nearly dies but remembers none of the details of the accident  •A person who has repressed memories of abuse suffered as a child may later have difficulty forming relationships |
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1. RATIONALIZATION

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| **DESCRIPTION** | **EXAMPLE** |
| •Providing a reasonable explanation to make unreasonable behavior appear logical and justify their action  •To protect our sense of self-esteem | •A student who fails a test because she did not study hard enough blames her failure on the teacher for using ‘tricky’ question |

1. SUBLIMATION

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| **DESCRIPTION** | **EXAMPLE** |
| •  Productive defense  mechanism  •  It transforms unacceptable  impulse into socially accepted  behavior | • A person experiencing extreme anger might take up kick-boxing as a means of venting frustration  •Many great artists have had unhappy lives and have used the medium of art of music to express themselves |

1. DISPLACEMENT

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| **DESCRIPTION** | **EXAMPLE** |
| •Redirecting the feelings of hostility and violent action from self to someone that is less threatening instead of expressing to the real target | •Angered by a neighbor’s hateful comment, a mother punishes her child for accidentally spilling her drinks. The mother redirects the anger towards the neighbor to her child |

1. REGRESSION

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| **DESCRIPTION** | **EXAMPLE** |
| •Returning to a behavior pattern characteristic of an earlier stage of development  •People act out behaviors from the stage of psychosexual development in which they are fixated | •An individual fixated at the oral stage might begin eating or smoking excessively, or might become very verbally aggressive after going through divorce |

1. REACTION FORMATION

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| **DESCRIPTION** | **EXAMPLE** |
| •Thinking or behaving in a way that is the extreme opposite to those that are of real intention  •Reaction formation means *expressing the opposite* *of your inner feelings* in your outward behavior | •A woman who loves an unobtainable man and behaves as though she hates him |

1. PROJECTION

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| **DESCRIPTION** | **EXAMPLE** |
| •This involves individuals attributing their own unacceptable thoughts, feeling and motives to another person | •You might hate someone, but your superego tells you that such hatred is unacceptable. You can 'solve' the problem by believing that they hate you. |

9.INTELLECTUALIZATION

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| **DESCRIPTION** | **EXAMPLE** |
| •You think away an emotion or reaction that you don't enjoy feeling. Although you aren't denying that the event occurred, *you're not thinking about its emotional* *consequences* but instead focus only *on the intellectual component* | •Greg learns that he has cancer. He begins to learn everything he can about the illness, reading books, journal articles, and the latest experimental research |