

Types of defense mechanisms: o Pathological (psychotic denial, delusional projection) o Immature (fantasy, projection, passive aggression, acting out) o Neurotic (intellectualization, reaction formation, dissociation, displacement, repression) o Mature (humour, sublimation, suppression, altruism, anticipation)

Repression It is the automatic transformation of thoughts from the conscious awareness to the unconscious where it is unavailable for conscious recall.

Dissociation Portion of the personality which is the source of stress may be eliminated. It is the automatic forgetting of unpleasant thoughts.

Resistance is maintaining repression

Suppression: it is conscious control of wishes and unacceptable acts that is prevented from being revealed

Rationalization It is to hide from oneself and others the actual motive for his behavior.

Examples: Failing to get a job is rationalized that a job has many bad features

Sublimation The consciously unacceptable instinctual drives find expression in socially acceptable forms.

Examples: on reading stories we identify ourselves with the hero

Projection To find in others the feelings and ideas he actually possess

Introjection Loved or admired objects are symbolically taken into oneself.

Identification It plays a healthy role in child development and in enjoyment of life. It is the mechanism by which an individual enhances self-esteem through feeling, in fantasy or in actual life as if he was another person with whom he identifies himself.

Compensation One attempts to cover or balance real or fancied defects by extraeffort to excel in a different activity.

Fantasy It is imaginary sequence of events or mental images which act to resolve emotional conflict through unreal solution.

Examples: a backwarded students may put an extraeffort to excel in sports or social activities to be famous in school.

Example: a mother may be overprotective of a child whom she unconsciously rejects

Displacement An emotional feeling is transferred from its actual object to a substitute.

Reaction formation Is to show the opposite attitudes and feelings of those possessed unconsciously.

Undoing To cancel out or nullify an event or actions previously done by certain counteraction.

Regression If a child developed trauma at any stage of development, he will be fixated there

It is a return to a more primitive mode of behavior the person may be trying to return to a period of past security.

The sex drives could be expressed in writing poems or letters.

Denial When people deny reality, they ignore or refuse to acknowledge the existence of unpleasant experience (of which they are fully aware) to protect themselves.

When emotions are so powerful that they become frightening, one may deny these emotions.

When a child deliberately hits his brother he runs hugging and kissing him. This occurs in day dreams.

A teacher may deal hardly with the students, not because of their bad behavior but because manager of school treated him badly.

It plays a role in personality development.

Examples: .somnambulism