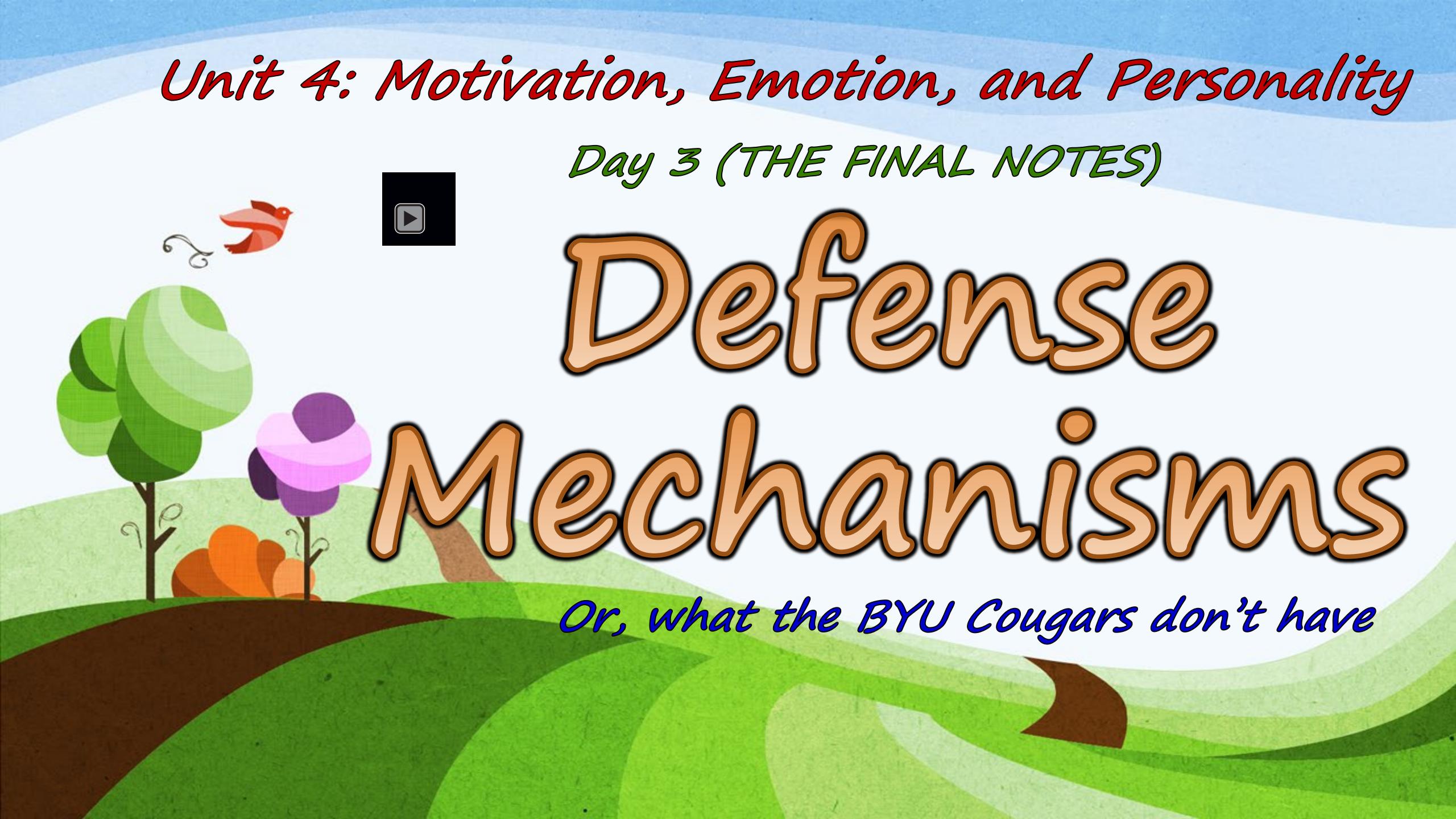


Unit 4: Motivation, Emotion, and Personality

Day 3 (THE FINAL NOTES)



Defense Mechanisms

Or, what the BYU Cougars don't have

Objectives

- Understand why humans have “defense mechanisms” (Psychologically)
- Identify Eight Common Defense Mechanisms

- Terms:

- Defense Mechanism
- Repression
- Denial
- Regression
- Displacement
- Sublimation
- Projection
- Rationalization
- Altruism

Remind Me...

- What unique aspect of Psychology can't be measured biologically, and everyone's is different?
- What separates or determines personality?
- According to Freud, what motivates us (besides sex)?

An Example...



The Weekend Dilemma

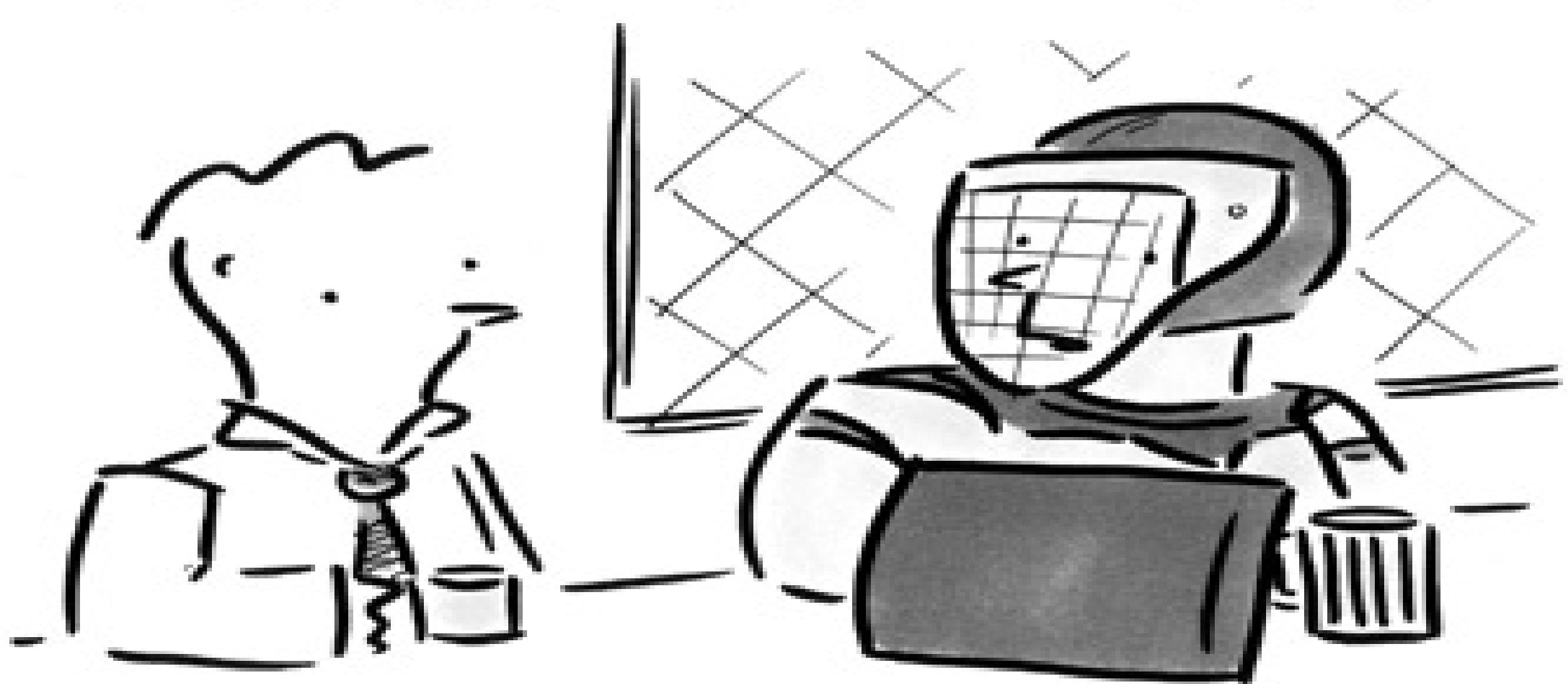
PARENTS, FRIENDS, & END GAME

Id vs Ego vs Superego

- IN our example, what makes you feel “crappy” or “guilty”?
- The answer, according to Psychologists, is **CONFLICT**
 - Between the Id, Ego, and Superego
 - In order to feel “normal” again, we need to resolve their conflict
 - And thus we create...

DEFENSE MECHANISMS





Adapted from

"My therapist says it's a defense mechanism."

D-E-F-E-N-S-E

- Defense Mechanism

- Mental process, usually unconscious, that helps us deal with “negative” feelings
- *What kind of negative feelings?*
 - Anxiety, Fear, Guilt, Shame, Depression, Loss of Self-Esteem, etc.

Defense Mechanisms

- While there are many, we will focus on 8 Major ones...
 - 1 - Repression
 - 2 - Denial
 - 3 - Regression
 - 4 - Displacement
 - 5 - Sublimation
 - 6 - Projection
 - 7 - Rationalization
 - 8 - Altruism

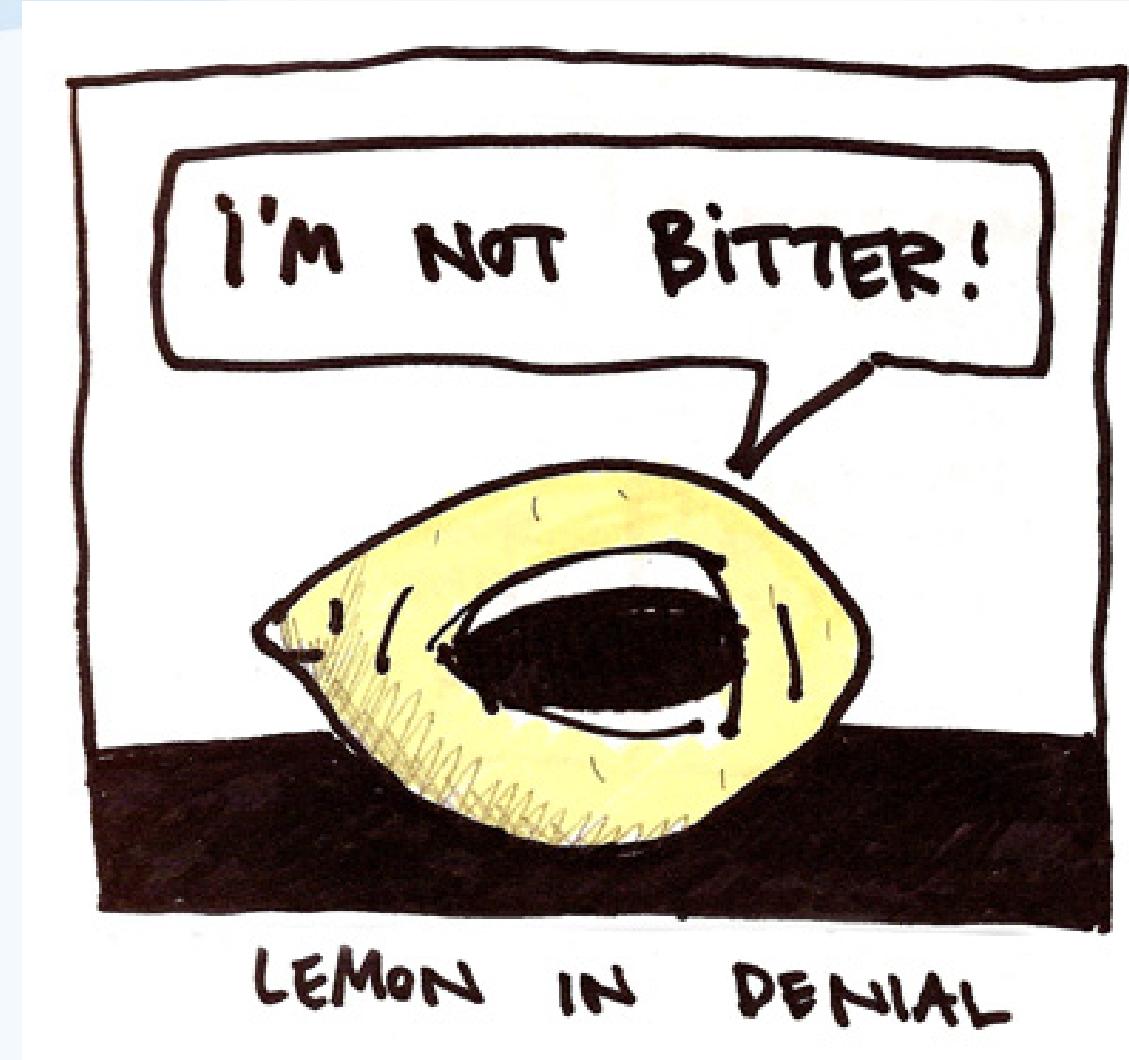
#1 - Repression



- Blocking out negative thoughts or feelings
- Placing them solely into unconscious = suppression
- *i.e. I don't want to think about the spiders that undoubtedly crawl all over me while I'm asleep*

#2 - Denial

- Not accepting reality
 - ESPECIALLY if it threatens our desires
 - *i.e. Old Yeller isn't really dead, he lives in a farm... somewhere... far from here...*



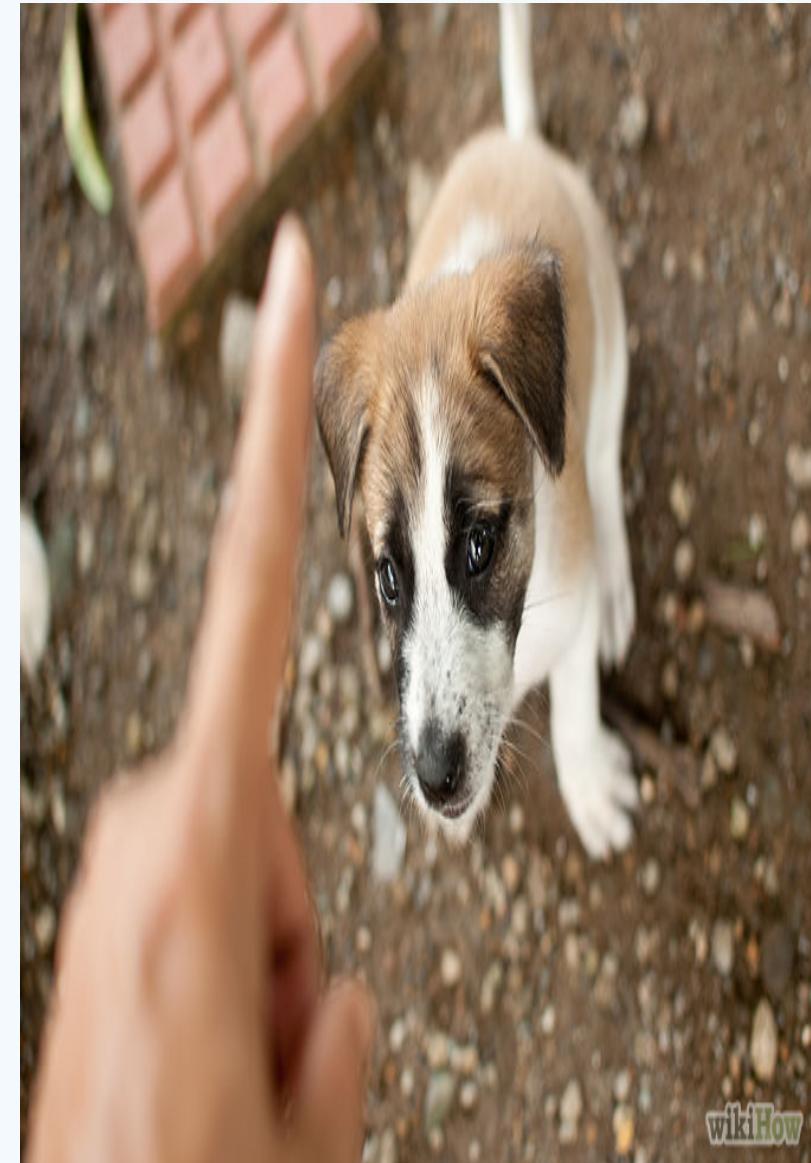
#3 - Regression



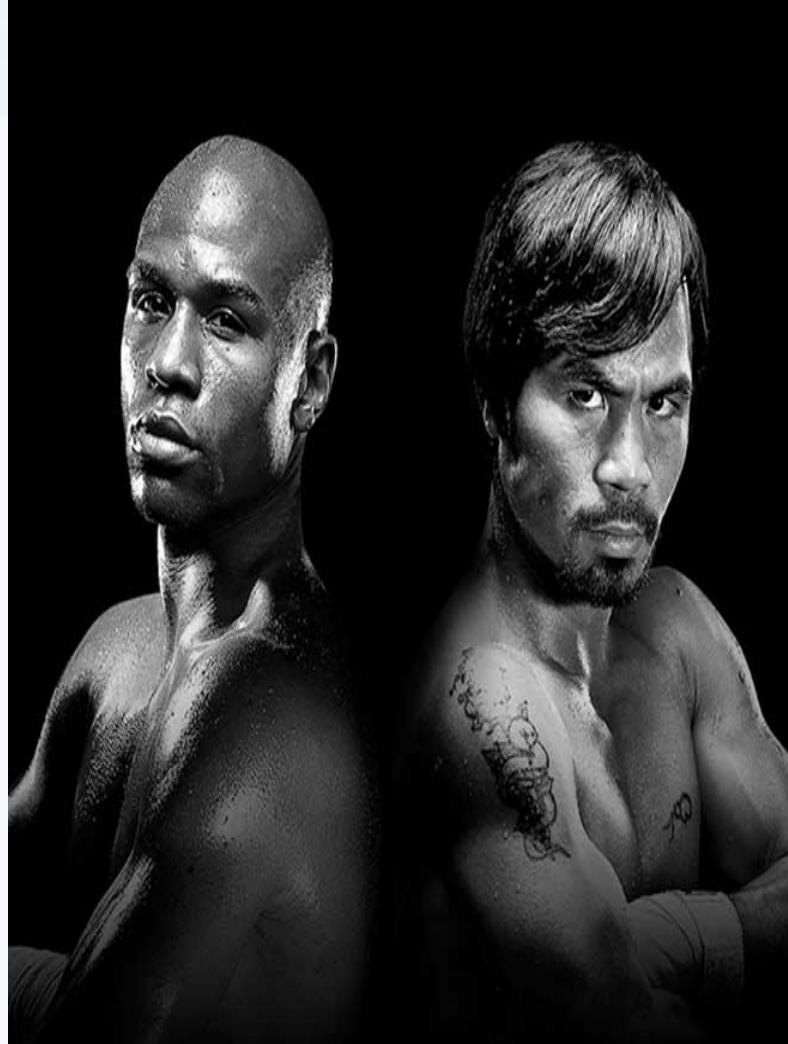
- Return to an earlier state, or comforting place
 - (mentally OR physically)
- Acting like a little kid, or moving back home with mom or dad “cuz real life is hard”

#4 - Displacement

- Redirecting hard feelings towards a different target
 - Usually a less threatening one
 - i.e. I hate my teacher, so I end up yelling at my family or puppy for no reason



#5 - Sublimation



- Transforming “unacceptable” desires into acceptable ones
- Generally seen as a very healthy mechanism
- i.e. I have hostility, and want to punch people, so I take up MMA, or Boxing to vent frustration

#6 - Projection

- Attaching our own undesired thoughts or feelings onto others (who don't necessarily have them)
- Someone who is very lazy accuses others of being lazy



#7 - Rationalization

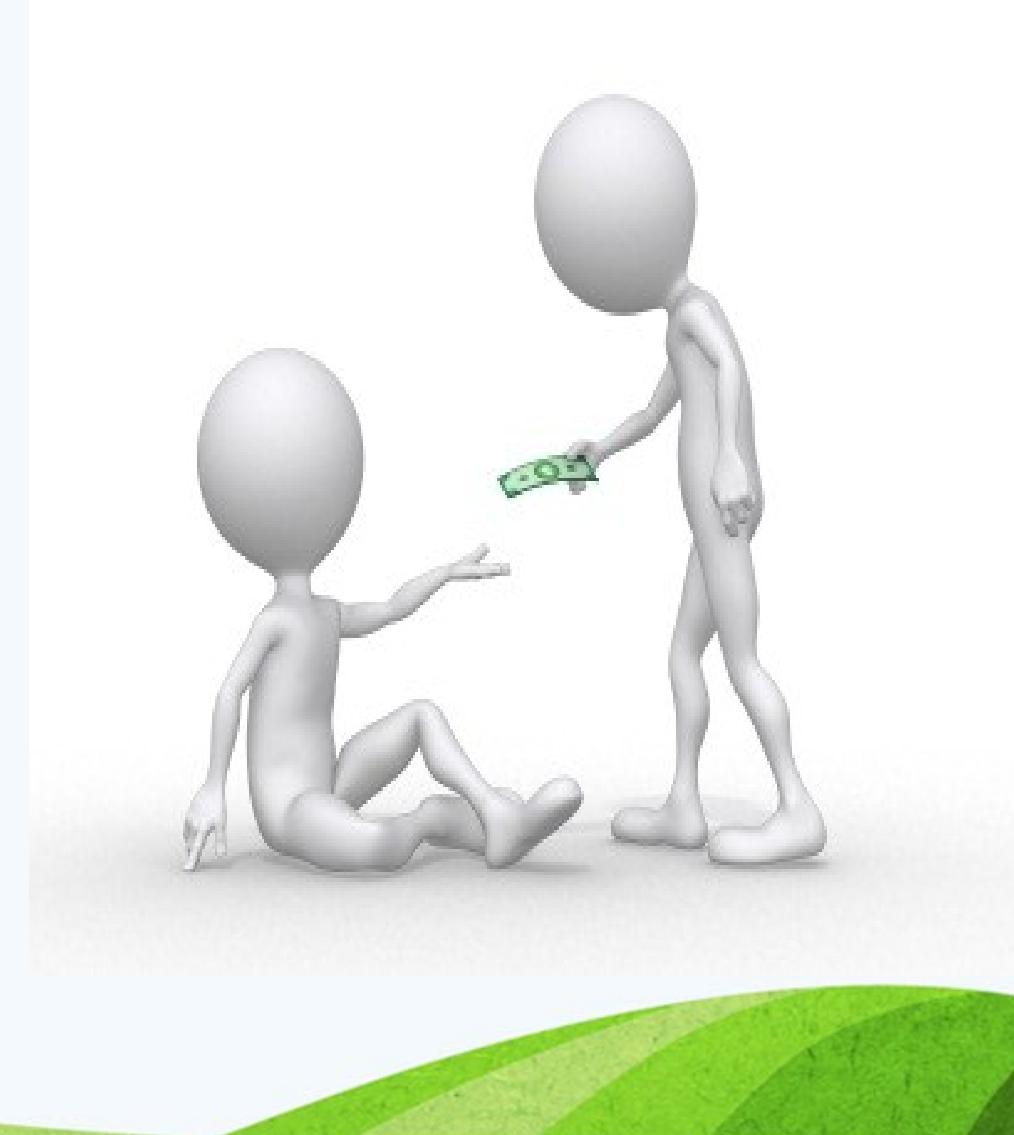
GIRL SCOUT COOKIE SEASON IS THE
SEASON FOR RATIONALIZATION



- Coming up with a beneficial result of a negative situation
- *i.e. You get turned down for a date, and say "I wasn't attracted to that person anyway!"*

#8 - Altruism

- Handling your own pain by helping others
- *i.e. I hit a dog with my car, so I volunteer at the animal shelter*



Other Assorted... (bonus questions? ☺)

- **Intellectualization**

- Looking at something academically, without emotion

- **Reaction Formation**

- Taking unwanted feelings and displaying the opposite
- And many, many more...



So... what is a good Defense?

- Which of these do you think are healthier than others?
 - WHY?
- Can all of them be healthy in certain ways?
- Can all of them be unhealthy in certain ways?

So what?

- Bottom line – We ALL use Defense Mechanisms
 - Which ones, when, how, why, etc. are unique
- They are an evolutionary psychological advantage to HELP US
- Further, they provide a LOT of terms in our language – repress, denial, altruistic, regress, etc.
- And also, good Defense usually wins the Super Bowl...

Thank Freud for defense mechanisms, I don't want another bad memory



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