

# *Unit 4: Motivation, Emotion, and Personality*

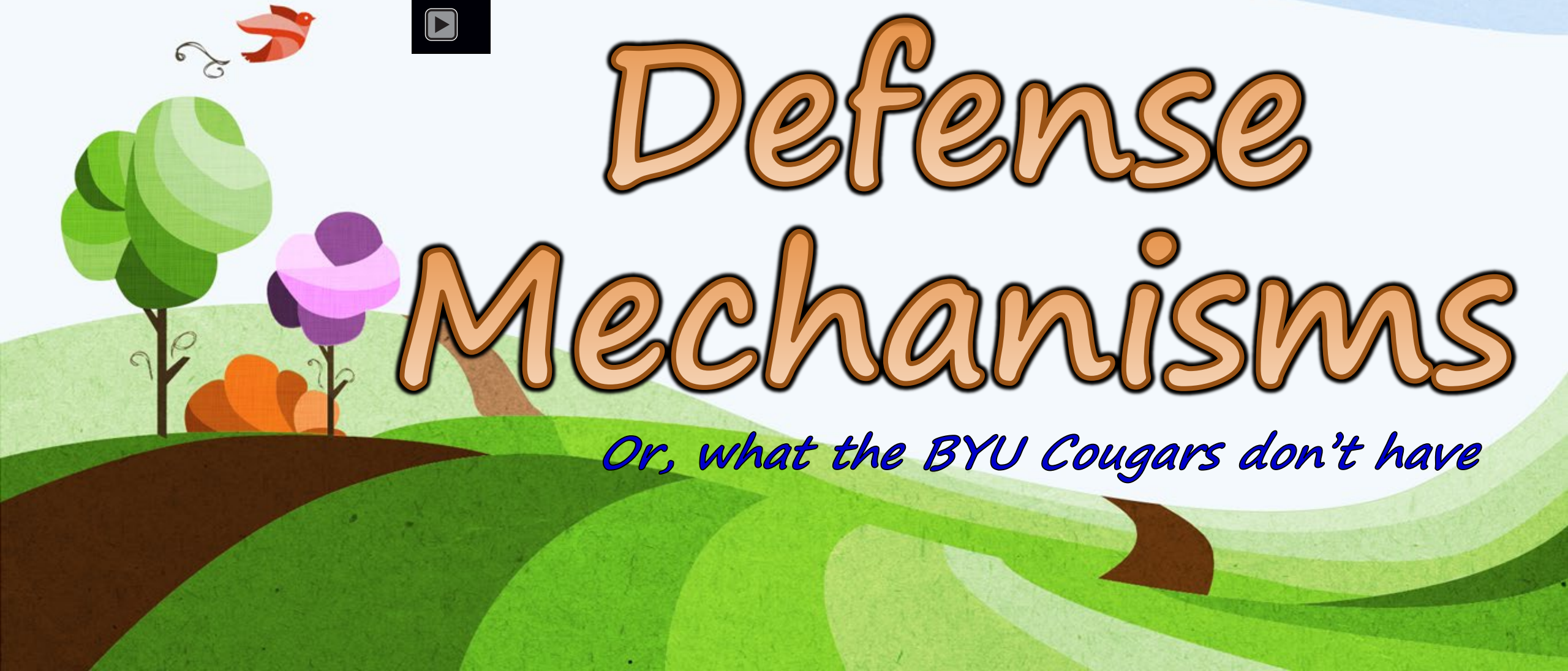
*Day 3 (THE FINAL NOTES)*



# 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

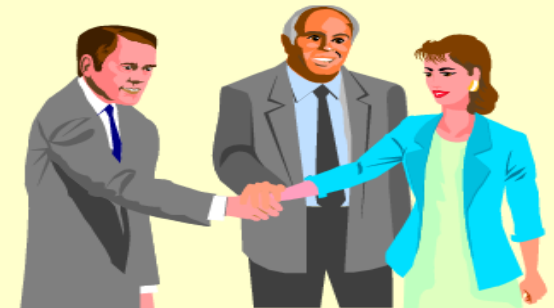
**PARENTS, FRIENDS, & END GAME**



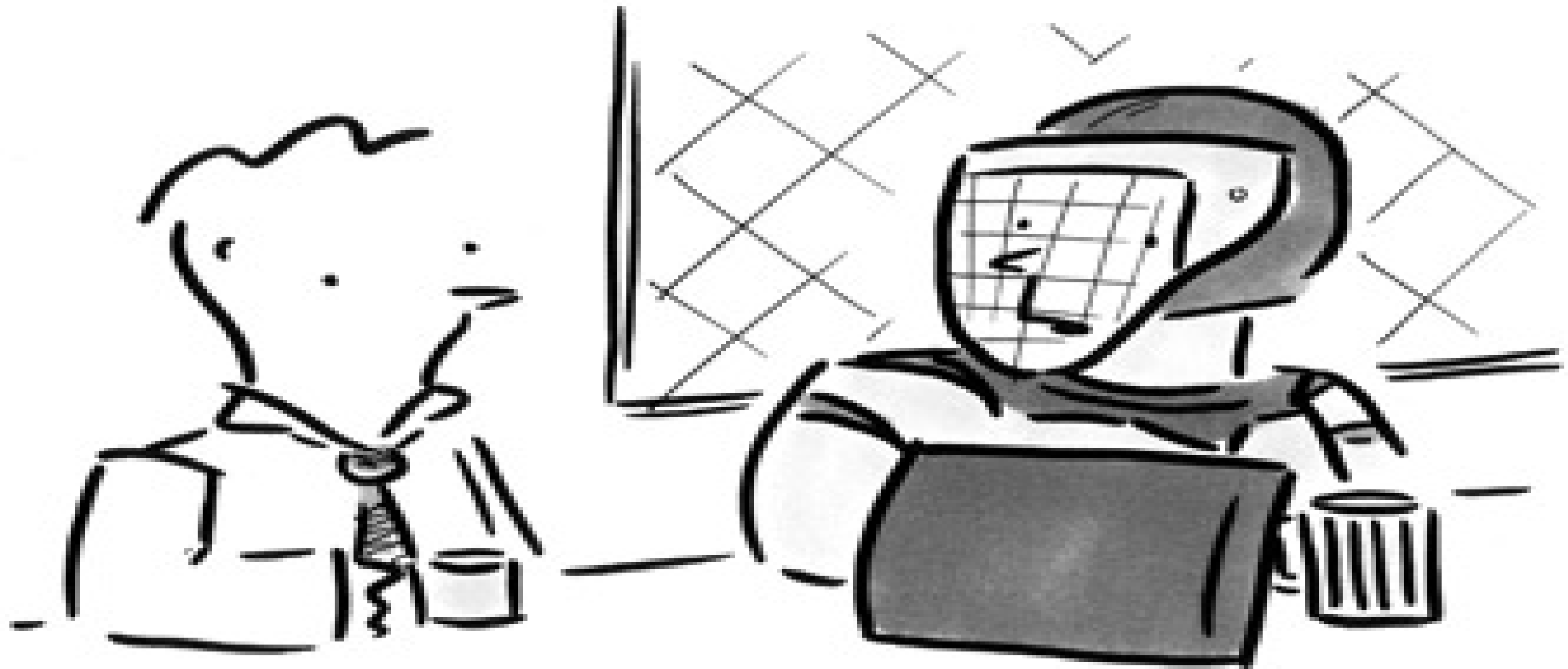
# Id vs Ego vs Superego

- *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







ANDERSON

"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

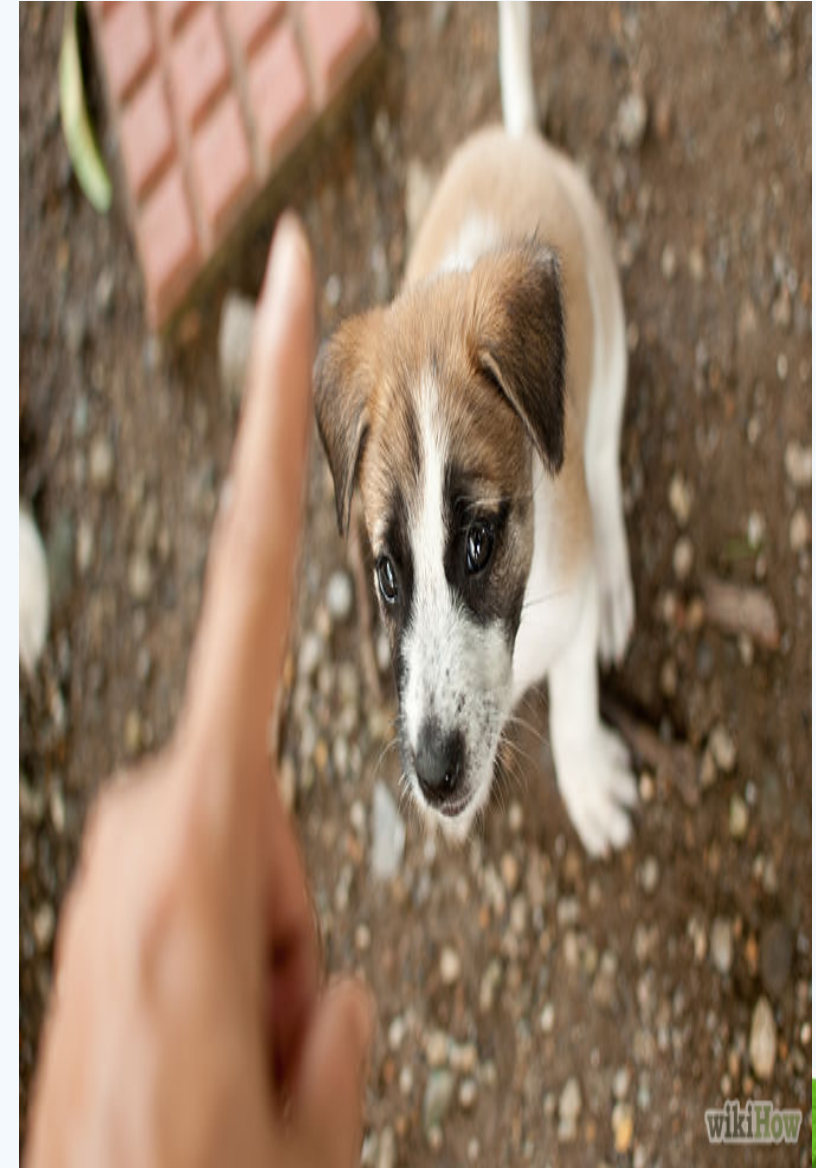


- Return to an earlier state, or comforting place
  - (mentally OR physically)
- *Acting like a little kid, or moving back home with mom or dad “cuz real life is hard”*

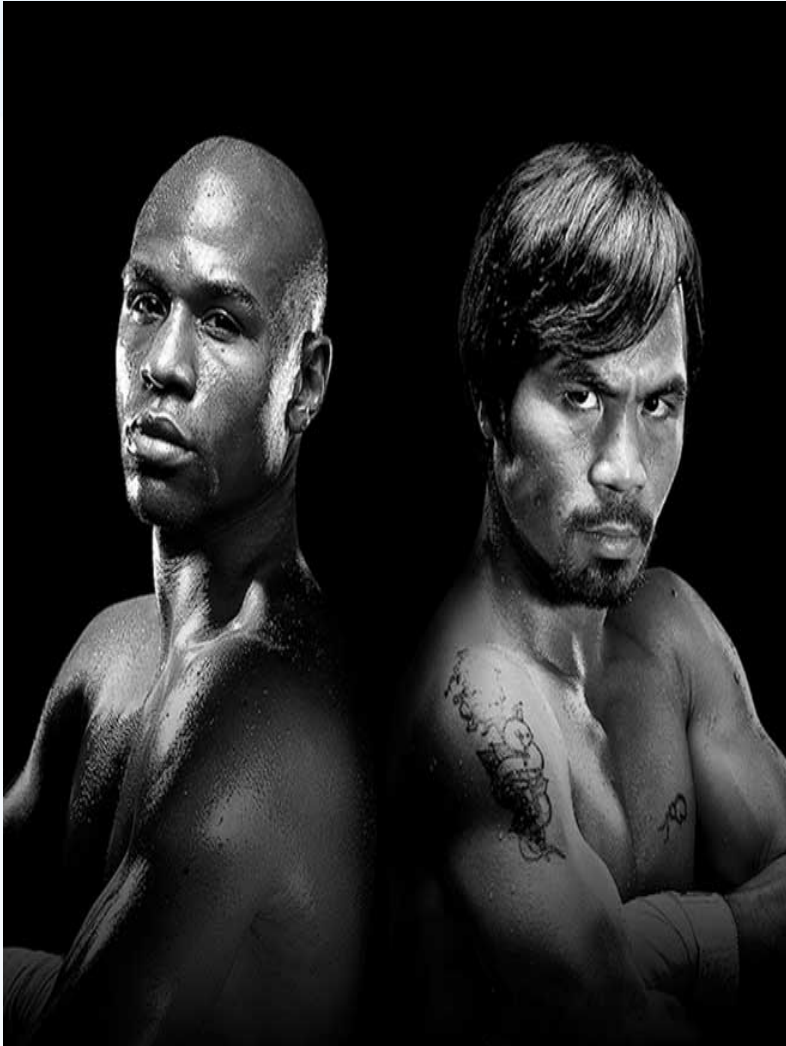


# #4 - Displacement

- 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



- 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!"*

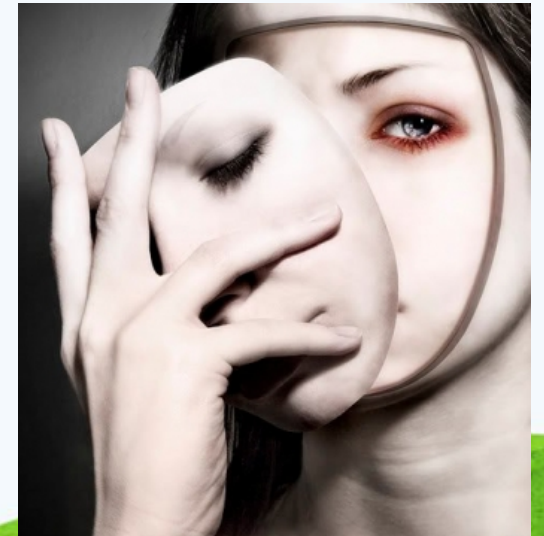
# #8 - Altruism

- 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





# Objectives

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

- *Terms:*

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