

Freud & Personality/Development

- Id, Ego, and Superego are in conflict with one another which creates anxiety
- The Ego must cope with anxiety, and does so through defense mechanisms
- Defense mechanisms reduce or redirect anxiety
- Defense mechanisms are an unconscious act. At the time of coping we do not realize that we are using a defense mechanism, however we make later make this connection.

Name	Mechanism	Example
Repression	<ul style="list-style-type: none"> - Pushing unacceptable and anxiety-producing thoughts into the unconscious - Involves intentional forgetting but it is not consciously done - Repressed material can be memories or unacceptable impulses 	
Regression		a young adult anxious on a trip to his parents home who sits in the corner reading comic books like he often did in grade school
Reaction Formation	<ul style="list-style-type: none"> - Replacing an anxiety-producing feeling with its exact opposite - Typically going overboard - Repressed thoughts appear as mirror opposites 	
Rationalization		a student cheats on an exam explaining that cheating is okay on an unfair exam

Name	Mechanism	Example
Denial	Claiming and believing that something which is actually false	
Displacement		a father who is angry by the way his boss treated him, yells at his children
Projection	<ul style="list-style-type: none"> - Attributing one's own unacceptable feelings or beliefs to others - Perceiving the external world in terms of one's own personal conflicts 	
Sublimation		playing video games instead of getting in a fight

