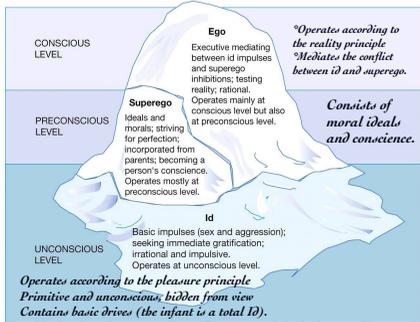


Personality defines as: a person's unique and relatively stable behavior patterns.

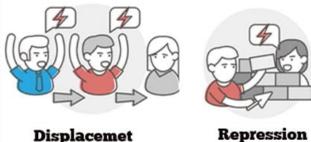
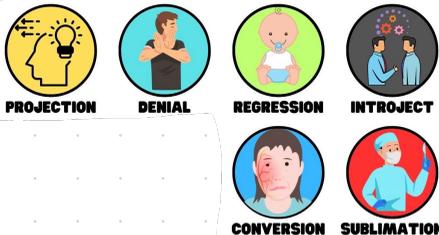
Defense mechanisms

High yield "3"



5. DEFENSE MECHANISMS:

Strategies used by the ego to protect the individual from psychological or biological harm, as identified by Freud.



1. CONSCIOUS:

Includes all thoughts and memories **currently in awareness** (e.g., phone numbers, birthdays, recent events).

Controlled by the **ego**, the **rational and logical part of the personality**.

2. PRECONSCIOUS:

Contains memories **not in immediate awareness** but easily retrievable (e.g., old addresses, past feelings).

Helps suppress unnecessary or unpleasant thoughts. Partially governed by the **superego**.

3. UNCONSCIOUS:

The largest level of the mind.

Holds repressed memories and emotions that are **inaccessible to conscious awareness**.

Revealed through **dreams, behavior, therapy, hypnosis, or altered states of mind**.

4. EGO:

The **reality-based part of personality**.

Handles rational thinking and problem-solving.

Mobilizes energy to manage anxiety and threats.



TABLE 2-2 Ego Defense Mechanisms

DEFENSE MECHANISM	EXAMPLE	DEFENSE MECHANISM	EXAMPLE
COMPENSATION Covering up a real or perceived weakness by emphasizing a trait one considers more desirable.	A physically handicapped boy is unable to participate in football, so he compensates by becoming a great scholar.	RATIONALIZATION Attempting to make excuses or formulate logical reasons to justify unacceptable feelings or behaviors.	John tells the rehab nurse, "I think because it's the only way I can deal with my bad marriage and my worse job."
DENIAL Refusing to acknowledge the existence of a real situation or the feelings associated with it.	A woman drinks alcohol every day and cannot stop, failing to acknowledge that she has a problem.	REACTION FORMATION Preventing unacceptable or undesirable thoughts or behaviors from being expressed by exaggerating opposite thoughts or types of behaviors.	Jane hates nursing. She attended nursing school to please her parents. During career day, she speaks to prospective students about the excellence of nursing as a career.
DISPLACEMENT The transfer of feelings from one target to another that is considered less threatening or that is neutral.	A client is angry with his physician, does not express it, but becomes verbally abusive with the nurse.	REGRESSION Retreating in response to stress to an earlier level of development and the comfort measures associated with that level of functioning.	When 2-year-old Jay is hospitalized for tonsillitis he will drink only from a bottle, even though his mom states he has been drinking from a cup for 6 months.
IDENTIFICATION An attempt to increase self-worth by acquiring certain attributes and characteristics of an individual one admires.	A teenager who required lengthy rehabilitation after an accident decides to become a physical therapist as a result of his experiences.	REPRESSION Involuntarily blocking unpleasant feelings and experiences from one's awareness.	An accident victim can remember nothing about his accident.
INTELLECTUALIZATION An attempt to avoid expressing actual emotions associated with a stressful situation by using the intellectual processes of logic, reasoning, and analysis.	S's husband is being transferred with his job to a city far away from her parents. She hides anxiety by explaining to her parents the advantages associated with the move.	SUBLIMATION Rechanneling of drives or impulses that are personally or socially unacceptable into activities that are constructive.	A mother whose son was killed by a drunk driver channels her anger and energy into being the president of the local chapter of Mothers Against Drunk Driving.
INTROJECTION Integrating the beliefs and values of another individual into one's own ego structure.	Children integrate their parents' value system into the process of conscience formation. A child says to a friend, "Don't cheat. It's wrong."	SUPPRESSION The voluntary blocking of unpleasant feelings and experiences from one's awareness.	Scarlett O'Hara says, "I don't want to think about that now. I'll think about that tomorrow."
ISOLATION Separating a thought or memory from the feeling, tone, or emotion associated with it.	A young woman describes being attacked and raped, without showing any emotion.	UNDOING Symbolically negating or canceling out an experience that one finds intolerable.	Joe is nervous about his new job and yells at his wife. On his way home he stops and buys her some flowers.
PROJECTION Attributing feelings or impulses unacceptable to one's self to another person.	Sue feels a strong sexual attraction to her track coach and tells her friend, "He's coming on to me!"	Substitution Definition: Replacing unacceptable emotions, drives, or needs with more acceptable ones. Example: A student nurse who feels unable to succeed in clinicals decides to become a respiratory technician.	
		Conversion Definition: Transforming emotional conflict into physical symptoms to relieve stress or anxiety. Example: A man develops paralysis in his leg after learning his wife has terminal cancer.	
		Fantasy Definition: Using imagination or daydreaming to express hidden desires or cope with reality. Example: "Even if I fail Biology, I imagine becoming a veterinarian because I love animals."	