

Doctors 2021 - رّوح - Medicine - MU

## PSYCHOLOGY SHEET

### Defense mechanism

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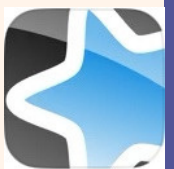


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# Defense mechanism



Personality defines as: a person's **unique** and relatively stable behavior patterns; the consistency of who you are, have been, and will become.

**A sudden change in personality indicates a psychological problem.**

## Personality Structure according to Freud



■ **Id(الهوا):** Operates according to the pleasure principle Primitive and unconscious, hidden from view Contains basic drives (the infant is a total Id).

**-Id is the instinct part of your personality, and it operates based on fixed behavior patterns. We can't rely only on Id.**

■ **Ego(الأنا):** Operates according to the reality principle

**Mediates the conflict between id and superego.**

**-Ego is rational and close to reality.**

**We should be running on ego as it moves freely between Id and Superego based on our needs.**

■ **Superego(الأنا الأعلى):** Consists of moral ideals and conscience.

**-Superego is your morality and ethics which dictates how you act in certain situations.**

**We can't rely only on superego in our lives as we all make mistakes and our guilt towards any wrongdoing will be destructive.**

## Freud's Topographical Models of Personality

**Freud classified all mental contents and operations into three categories: the conscious, the preconscious, and the unconscious.**

- **The conscious** includes all memories that remain within an individual's awareness. Examples include telephone numbers, birthdays of self and significant others, dates of special holidays, and what one had for lunch today. The conscious mind is thought to be under the control of the ego, the rational and logical structure of the personality.

**-We retrieve our memories in the conscious without effort or attention.**



The **preconscious** includes all memories that may have been forgotten or are not in present awareness but, with attention, can readily be recalled into consciousness. Examples include telephone numbers or addresses once known but little used and feelings associated with significant life events that may have occurred at some time in the past.

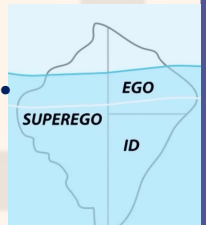
عند النظر الى الصور القديمة ومحاولة استرجاع الذكريات والاسماء

The preconscious enhances awareness by helping to suppress unpleasant or nonessential memories from consciousness. It is thought to be partially under the **control of the superego**, which helps to suppress unacceptable thoughts and behaviours.

يساعد على عدم تذكر ما هو غير مرغوب

▪ **The unconscious**: includes all memories that one is unable to bring to conscious awareness. It is the largest of the three topographical levels. Unconscious material consists of unpleasant or nonessential memories that have been repressed and can be retrieved only through therapy, hypnosis, and with certain substances that alter the awareness and have the capacity to restructure repressed memories. Unconscious material may also emerge in dreams and in seemingly incomprehensible behaviour.

-This is where we repress painful memories and unpleasant feelings. The doctor had an analogy for the conscious, the preconscious, and the unconscious.



Imagine that you are on a ship, and there is an iceberg in the middle of the ocean. The **conscious** would be the apparent top part of the iceberg that is easily definable and avoidable by your ship. The **preconscious** is the under sea part that is close to the surface and with a little focus and attention can be determinable. It is not as effortless to avoid as the top of the iceberg, but it still can be avoidable. The **unconscious** is the hidden indeterminable part that lies deep within the ocean. It is easy to hit that part.

Our personalities and egos are examined by stressful and anxiety-full situations. If our ego mediated between the Id and Superego well enough, then our ego is good.

**Sigmund Freud (1961) identified the ego as the reality component of the personality that governs problem solving and rational thinking.**

- **As the level of anxiety increases, the strength of the ego is tested, and energy is mobilized to confront the threat.**
- **Freud (1953) identified a number of defense mechanisms employed by the ego in the face of threat to biological or psychological integrity.**

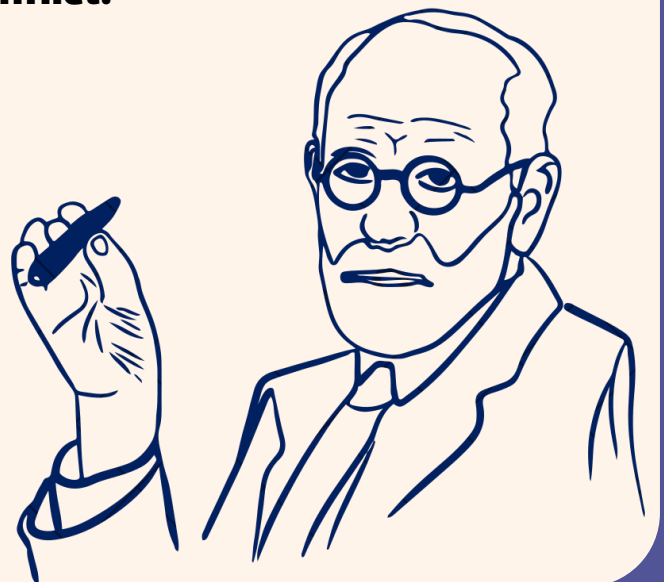
## **Definition of defense mechanism**

**Defense mechanism are **mental activities** used at the unconscious level to protect the ego against anxiety and conflict situation.**

- **Some of these ego defense mechanisms are more adaptive than others are, but all are used either consciously or unconsciously as protective devices for the ego in an effort to relieve mild to moderate anxiety.**
- **They become maladaptive when an individual uses them to such a degree that there is interference with the **ability to deal with reality**, with interpersonal relations, or with occupational**

## **Functions of Defense Mechanisms**

- 1- Facilitates the resolution of emotional conflict.**
- 2- To provide relief from stress.**
- 3- To cushion emotional pain.**
- 4- To avoid or alleviate anxiety.**





## Defense Mechanism

## Example

### Compensation

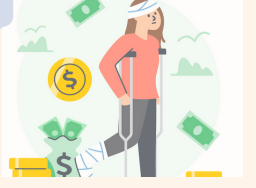
Covering up a real or perceived weakness by emphasizing a trait one considers more desirable

### تعويض

A physically handicapped boy is unable to participate in football, so he compensates by becoming a great scholar.

## Compensation:

شخص أعمى درس واجتهد وحصل على الدكتوراه في التخصص عشان يعوض النقص الي حاس فيه ( انه اعمى )



## Defense Mechanism

## Example

### Projection

Attributing feelings or impulses unacceptable to one's self to another person.

### الاسقاط

Sue feels a strong sexual attraction to her track coach and tells her friend, "He's coming on to me!"

## projection:

في أم حامله ابنها الرضيع وماشية بالطريق وصادفت قطة ، فبتصير تبعد عن القطة وهي خائفة ولكنها بتقول للقطة : "ابعدني من هون خوفتي ابني حبيبي يلي بكذب عن البنات المعجب فيها



### Rationalization

Attempting to make excuses or formulate logical reasons to justify unacceptable feelings or behaviors

### التبرير

John tells the rehab nurse, "I drink because it's the only way I can deal with my bad marriage and my worse job."

## Rationalization:

طالب تأخر بالمواصلات وصار يبرر للدكتور تأخيره



### Denial

Refusing to acknowledge the existence of a real situation or the feelings associated with it

### الإنكار

A woman drinks excess alcohol every day and cannot stop, failing to acknowledge that she has a problem.

## denial:

واحد امتحن ورسب رح تكون ردة فعله "مستحيل هاي علامتي رفض الخبر السيء



### Displacement

The transfer of feelings from one target to another that is considered less threatening or that is neutral

### الإزاحة

A client is angry at his doctor, does not express it, but becomes verbally abusive with the nurse.

## displacement:

لما الاب يبهدل الابن الكبير والابن الكبير يصير يتفشش باخوه الصغير شو ما كان السبب نقل التصرف من القوة الاكبر للقوة الاصغر



### Reaction Formation

Preventing unacceptable or undesirable thoughts or behaviors from being expressed by exaggerating opposite thoughts or types of behaviors

### التكوين (رد الفعل) العكسي

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.

## reaction formation:

بنت فانت طب بسبب اهلها مع انها ما بدھا الطب. فلما حدا يسألها عن التخصص تصير تمدحه على انه مهنة انسانية اظهرت عكس الشعور الداخلي تماما



### Identification

An attempt to increase self-worth by acquiring certain attributes and characteristics of an individual one admires

### التقمص

A teenaged boy who required lengthy rehabilitation after an accident decides to become a physical therapist as a result of his experiences.

### identification:

طالب بدوام بمستشفى وشاف طبيب جراح وانعجب بمكانته وشخصيته؛ فقرر يجتهد حتى يصل يوم لمكانة الطبيب المرموقة (بمكانه)

### Regression

Responding to stress by retreating to an earlier level of development and the comfort measures associated with that level of functioning

### النكوص

When 2-year-old Jay is hospitalized for tonsillitis he will drink only from a bottle, although his mother states he has been drinking from a cup for 6 months.

### regression:

لما الطفل ينضرب من أمه بصير بعد فترة يتصرف مثل الرضع وبمص اصبعه غير مناسب للفئة العمرية يلي هو فيها مثل الطفل يلي بعمل تبول لا ارادي للفت الانتباه



### Intellectualization

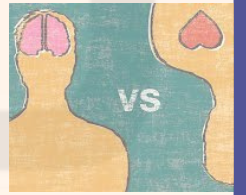
An attempt to avoid expressing actual emotions associated with a stressful situation by using the intellectual processes of logic, reasoning, and analysis

### العقلنة

Susan'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.

### intellectualization:

عيلة عايشة حياة بسيطة ومرتاحين، تم نقل الأب إجباريا للعمل في مكان بعيد من دون عيلته، فالأم صارت تقول إنها مبسوسة بنقل زوجها وعلاوة الراتب مع النقل وهيك أمورهم بتترتب أكثر (ركزت على الجوانب الإيجابية للنقل)



### Introjection

Integrating the beliefs and values of another individual into one's own ego structure

### الاستدماج

Children integrate their parents' value system into the process of conscience formation. A child says to friend, "Don't cheat. It's wrong."

### introjection :

طفل بسمع ابوه بحكي الكذب حرام فلما يكون الولد مع اصحابه بصير يحكيلهم الكذب حرام بغض النظر اذا الطفل فاهم شو يعني حرام أو لا (يعني مجرد اقتداء بالتصرفات)



**Inrojection isn't the same as identification.**

**Identification is when you want to be like someone in a profession for instance or in a certain trait.**

**Introjection when you use other beliefs in your own life**

## Repression

- Involuntarily blocking unpleasant feelings and experiences from one's awareness

## الكبت

An accident victim can remember nothing about the accident.

## repression:

بنت تعرضت للتحرش وهي أخفت الموضوع مع نفسها وما خبرت حدا . هذا الموقف بتخزن في اللا وعي بحيث يآثر على تصرفاتها وتفكيرها

من غير ما تحس

## involuntary blocking



## Sublimation

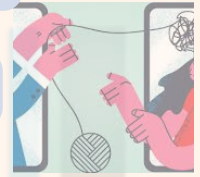
Rechanneling of drives or impulses that are personally or socially unacceptable into activities that are constructive

## التسامي

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 Drivers.

## sublimation:

شخص تضارب مع واحد ثاني فبصير ينزل ابيات هجاء الفرزدق على الفيس بوك بدل ما يواجهه مباشرة على أرض الواقع توصيل الفكرة بطريقة مناسبة وبناءة



## Isolation

Separating a thought or memory from the feeling tone or emotion associated with it

## العزل

Without showing any emotion, a young woman describes being attacked and raped.

## isolation :

بنت فسخت خطبتها فلما قعدت مع صاحباتها ما جابت سيرة الموضوع نهائي ولا كانه في اشى عزلت الموضوع ما حكت عنه لا عكسه وولا اشى



## Suppression

The voluntary blocking of unpleasant feelings and experiences from one's awareness

## إخماد

Scarlett O'Hara says, "I don't want to think about that now. I'll think about that tomorrow."

## suppression :

اصحاب طالعين من امتحان كثير صعب فقرروا يسكروا على الموضوع ويروحو يلعبو شدة مع بعض بدل التفكير بالامتحان (تاجيل)



## Undoing

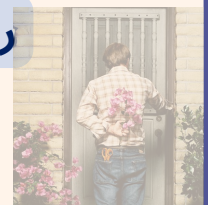
Symbolically negating or canceling out an experience that one finds intolerable

## التراجع عن الفعل

Joe is nervous about his new job and yells at his wife. On his way home he stops and buys her some flowers.

## undoing

رجل غلط في حق مرته ،وتراجع عن خطاه بورد واعتذار عمل إندو لموقفه



عقلي الفترة هاي :



ابلع واننت ساكت



Summary



**Substitution:**(الاستبدال) The replacement of consciously unacceptable emotions, drives, attitudes, or needs by those that are more acceptable.

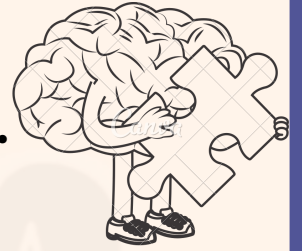
**Example 1-**a student nurse in a degree program who feels unable to master the clinical competence decided to become a respiratory technician.

**Example 2:**I am not good at football so I will try the swim team."

**Conversion :**(التحويل)the transferring of a mental conflict into physical symptoms to release tension or anxiety.

**Example1:** a man develops paralysis of his lower extremities after he find out that his wife has a terminal cancer.

**Example 2:** a student develops paralysis of right arm when she faced difficult exam.



تحول الصدمة لشيء جسدي، اجاه خبر وانشل وهو فسيولوجيا سليم

**Dissociation:**(الانشقاق)the act of separating and detaching a **strong emotionally charged conflict** from one's consciousness. This detached information is blocked from conscious awareness, which allows the person to defer or postpone experiencing an emotional impact or painful feelings.

**Example:** a woman who was raped was found wandering in a busy highway in torn clothing. When examined by the doctor, the woman was exhibiting symptoms of traumatic amnesia. She separated and detached her emotional reaction to the rape from her consciousness.

**Traumatic amnesia as a result of emotional pain.it is to separate that experience from memory and to forget it**

تنسى احداث معينة بمرحلة معينة بس يرجع بتذكرها

**Fantasy:** imagined events or mental images (daydreaming) to express unconscious conflicts, gratify unconscious wishes, or prepare for anticipated events.

**Example:** I love animals so much, so even if I fail Biology I can still be a veterinarian.





**Important facts should be remembered: Ego defenses are not necessarily unhealthy as you can see by the examples above. In fact,**

- 1-The lack of these defenses or the inability to use them effectively can often lead to problems in life.**
- 2- Employ the defenses at the wrong time leads to deviation from mental health.**
- 3- Overuse defenses, which can be equally destructive.**





# Test Yourself



**1- Ali is a shop owner and a thief. He automatically accuses anyone who looks suspicious in his store of slealing. This is an example of what defense mechanism:**

**Select one:**

- A-repression**
- B- reaction Formation**
- C- denial**
- D- projection**
- E- rationalization**

**Answer: D**

**2-Which primary unconscious defense mechanism keeps highly anxiety-producing situations out of conscious awareness:**

**Select one:**

- A-introjection**
- B-regression**
- C- repression**
- D-denial**
- E-reaction formation**

**Answer : C**

**3-Samira decides to go out and party the whole week before her midterm instead of study. She fails her midterm, and tells her parents that she failed it due to being sick and not getting enough sleep. This is an example of what defense mechanism:**

- Select one:**
- A-rationalization**
  - B-denial**
  - C- repression**
  - D-reaction Formation**
  - E-regression**

**Answer : A**



**4-The way she spoke to me was completely unacceptable, but she's going through a tough time at the moment. I'd react the same way if my mother had just died." What defense mechanism am I expressing Select one**

- A-regression**
- B-repression**
- C-displacement**
- D-identification**
- E-reaction formation**

**Answer: d**

**5-A person who witnesses a horrible incident may go blind for psychological reasons, although the person's eyes are still good. This is called:**

**Select one:**

- A-conversion**
- B-repression**
- C-compensation**
- D-regression**
- E-undoing**

**Answer: A**

**6-Which of the following is an example of repression Select one:**

- A-stopping yourself from behaving the way you want to**
- B-suppressing bad memories or current thoughts that cause anxiety**
- C-suppressing your natural instincts**
- D-stopping others from behaving inappropriately**
- E-none of provided answers**

**Answer: b**

**7- It's so unfair! My mum doesn't care how much I cry and scream, she won't get me a car. She doesn't even care about me! She hates me!".**

**What defense mechanism does this demonstrate Select one:**

- A-rationalization**
- B-reaction formation**
- C-regression**
- D-repression**
- E-denial**

**Answer: C**

**8-Tim is a shop owner and a thief. He automatically accuses anyone who looks suspicious in his store of stealing. This is an example of what defense mechanism?**

**A-Repression**

**B-reaction Formation**

**C-Denial**

**D-Projection**

**E-Sublimation**

**Answer : d**

**9-Karen decides to go out and party the whole week before her midterm instead of study. She fails her midterm, and tells her parents that she failed it due to being sick and not getting enough sleep. This is an example of what defense mechanism?**

**A- Rationalization**

**B-Sublimation**

**C-Denial**

**D-Repression**

**E-Reaction Formation**

**Answer: a**

**10-Instead of taking out his anger on others, Nathan, when he gets really angry, plays the saxophone. This is an example of what defense mechanism?**

**A-Repression**

**B-Sublimation**

**C-Denial**

**D-Reaction Formation**

**E-Projection**

**Answer: b**

**"لقد كنا نداوي التَّعبَ بالتَّعب، والنَّصبَ بالنَّصب، فإنَّ تعبَ أجسادنا من العبادة حَمَلناها على مزيدٍ من تلك العبادة، فذهبت تلك به، وكُنَّا إذا وجد الشيطان إلى القلبِ سبيلاً بخدعة الرّاحة، طردنا الشيطان بترك الرّاحة، وتلّونا مُوقنين: "إِذَا فَرَعْتَ فَأَنْصَبْ"  
- أرض لله | أئمن العتوم.**