



LEVELS OF DEFENSE MECHANISMS

operates unconsciously (intrapsychic)

2

MATURE

ALTRUISM

– Helping others to feel better about oneself. Gratification is achieved from the response of others.

USES: To avoid negative personal feelings

ANTICIPATION

– The devotion of one's effort to solving problems before to arise.

USES: To minimize uncomfortable feelings or anxiety.

ASCETISCISM

– Eliminating pleasurable effects of an experience.

USES: Derives gratification from renunciation of all consciously-perceived base pleasures.

HUMOR

– Expressing uncomfortable feelings in the form of jokes, laughter, etc.

USES: To avoid causing oneself discomfort.

SUBLIMATION

– Expressing a personally unacceptable or unattainable feeling (sexual or aggressive energy) into a socially acceptable or useful way.

USES: Aggressive impulses can be channeled into athletic activities, so that the person finds a way of expressing aggression & obtain added bonus of praise.

SUPPRESSION

– Pushing unpleasant or unacceptable feelings, thoughts, or desire deliberately out of consciousness. Unlike repression, suppression is conscious and voluntary.

USES: Avoid feelings of pain & uncomfortability.