



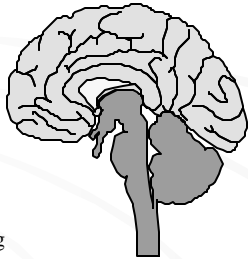
Defense Mechanisms

When our needs can't be met

WE ALL USE THEM

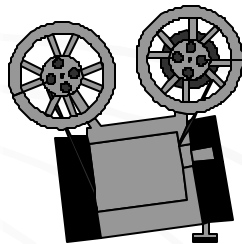
Some Common Mental Mechanisms

- Repression - most common, unconsciously pushes away intolerable ideas/impulses. (Not going to the doctor)
- Suppression - person is aware of the intolerable feelings, deliberately refuses to acknowledge them. (not telling spouse about diagnosis)



Projection

- A person unconsciously attributes their unacceptable feelings to others.
- Ex. An aide dislikes a particular patient. This is unacceptable to her so she says the patient doesn't like her.



Denial

- Feelings that are intolerable are unconsciously disowned.
- One of the most commonly used defenses against the stress of diagnosis and illness.



Reaction Formation

- A person behaves in a manner that is the exact opposite of their real feelings.
- Ex. A resident dislikes a certain nurse aide, however she is overly friendly to that aide.



Displacement



- Unconsciously substituting a person for another and behaving as if it were the original person.
- The administrator yells at the DON, who then chews out the team leader, who climbs on the staff nurse's back, who becomes crabby with her patient.

Conversion

- Substituting acceptable physical symptoms for unacceptable emotions.
- Example - The student has a final and is nervous of failing so they may develop diarrhea.



Regression

- Reverting to childish behavior when there weren't so many responsibilities.
- Example - A patient makes childish demands and becomes dependent on the nurse for care that they could do for themselves.



Identification

- Unconsciously an individual behaves like another person whom they hold as ideal.
- Example - The adolescent hero worship stage.



Rationalization

- Unconsciously to develop good socially acceptable reasons to explain your behavior.
- A student drops out of school because the teachers are boring.



Substitution or Compensation

- Excelling in one area to make up for feelings of failure in another.
- Example - A student wanted to become a famous doctor, but settles for nursing instead.



Sublimation

- Consciously unacceptable urges are channeled into socially accepted ways.
- Example - A angry housewife does push-ups to work off her temper.



Remember Mental Mechanisms
help us to:

- 1. Handle our anxieties.
- 2. Feel better about ourselves.
- 3. Keep us from facing reality.
- Help the symptoms, not the problem.
- Useful if used in moderation.
- **Which ones do you use?????????**
