

## Freud's Ego Defense Mechanisms

<b>Repression</b>	Unconsciously pushing threatening memories, urges, or ideas from conscious awareness: A person may experience loss of memory for unpleasant events.
<b>Rationalization</b>	Attempts to make actions or mistakes seem reasonable: The reasons or excuses given (e.g., "I spank my children because it is good for them") have a rational ring to them, but they are not the real reasons for the behavior.
<b>Projection</b>	Unconsciously attributing one's own unacceptable thoughts or impulses to another person: Instead of recognizing that "I hate him," a person may feel that "He hates me."
<b>Reaction formation</b>	Defending against unacceptable impulses by acting opposite to them: Sexual interest in a married friend might appear as strong dislike instead.
<b>Sublimation</b>	Converting unacceptable impulses into socially acceptable actions, and perhaps symbolically expressing them: Sexual or aggressive desires may appear as artistic creativity or devotion to athletic excellence.
<b>Displacement</b>	Deflecting an impulse from its original target to a less threatening one: Anger at one's boss may be expressed through hostility toward a clerk, a family member, or even the family dog.
<b>Denial</b>	Simply discounting the existence of threatening impulses: A person may vehemently deny ever having had even the slightest degree of physical attraction to a person of the same sex.
<b>Compensation</b>	Striving to make up for unconscious impulses or fears: A business executive's extreme competitiveness might be aimed at compensating for unconscious feelings of inferiority.