Theories of Personality

Your Name

Institution

# Freudian defense mechanisms

Freudian defense mechanisms are numbers of psychological strategies which are used by a person to overcome anxiety. These mechanisms are unconsciously used by individuals to protect them from unacceptable feelings and thoughts.

## Repression

Repression is a type of defense mechanism in which a person’s ego is unconsciously stopping threatening and disturbing thoughts from becoming conscious. In a repression mechanism, the though which may result in guilt are repressed by a person’s unconscious mind. This mechanism is not effective in the long run as the repressed thought may create anxiety (Freud, 1922). The repressed thoughts and memories may also reflect unconsciously in a form of dream or slips of the tongue.

## Regression

Regression is another type of defense mechanism in which a person’s ego unconsciously direct him to a time where the problem has not developed. In this technique/ mechanism, a person’s unconscious mind retreat to a point in life where he felt safer. In this mechanism, a person may act in a childish manner in a stressful situation (A Waqas, 2015).

## Rationalization

Rationalization is a defense mechanism in which a person’s cognitive skills helps in protecting against a threatening situation. In this mechanism, a person consciously makes an excuse for a stressful situation. A person justifies his behavior by believing their own lies and by making excuses. When it is difficult for someone to accept a situation, he/ she will make logical reasoning of why the situation has happened (SC Lin, 2017).

# Real-life situation

My old school friends were in town and we were planning a get together at night. Knowing that my father was not in a good mood, I informed my mom that I will be meeting my old friends after so long and I will be late. Although I haven’t informed my parents that I want to spend the night at the gathering, but I changed my mind. Ignoring my mom’s texts and even a few calls from my dad, I knew I was in a tough situation. After an hour I called my dad back, which he declined in anger and he went to sleep. After another 30 minutes, I knew that my dad will be asleep and he had put his phone in silent. I called my dad several times and eventually texting him that “Dad where are you? I am standing at the front door and its almost an hour”. After this, I spend the whole night at friend’s place playing the game and the next day I came back to home. My dad was guilty that he declined my call and I was alone outside in the middle of the night. In this situation, I have used each three of the techniques unconsciously, and now I realize that I have done wrong that day. My father was extra nice to me the next day and I repressed by negative thoughts that I have wrong the previous night. Being treated nicely by my father I used regression to set my mind in a time when I and my dad were connected. I have used rationalization mechanism to make me believe that for so long that my dad is an unreasonable person and what I did was wrong ethically.

I have used these defense mechanisms to get a quick escape from a threating situation in my life. At some point, I even defend myself by saying that I was too young at that time. But the act was unethical and was simply a defense mechanism for protecting myself from the consciousness of my actions. It is a common human nature to use these defense mechanisms to protect him/ herself from negative thoughts. I have used these defense mechanisms make myself believe that I am right and nothing I did was wrong in any way. Moreover, I even repressed my memories from that time so that I don’t feel bad about myself.

# References

A Waqas, A. R. (2015). [HTML] Association of ego defense mechanisms with academic performance, anxiety and depression in medical students: a mixed methods study. *Cureus*. Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4627837/

Freud, S. (1922). Repression. *The Psychoanalytic Review*. Retrieved from https://search.proquest.com/openview/98b0b2ae835a059633461b6b9f53868f/1?pq-origsite=gscholar&cbl=1820903

SC Lin, J. Z. (2017). Moral traps: When self-serving attributions backfire in prosocial behavior. *Journal of Experimental Social Psychology*. Retrieved from https://scholar.google.com.pk/scholar?hl=en&as\_sdt=0%2C5&as\_ylo=2015&q=A+person+justifies+his+behavior+by+believing+their+own+lies+and+by+making+excuses.&btnG=