

DYNAMICS OF ADJUSTMENT



MENTAL MECHANISMS and DEFENSE MECHANISMS

- are terms used interchangeably to describe the unconscious attempt to obtain from relief from emotional conflict or anxiety.

Such mechanisms are supposedly in action by age ten and are used as follows:

- 1 *To resolve a mental conflict.*
- 2 *To reduce anxiety or fear.*
- 3 *Protect one's self-esteem.*
- 4 *Protect one's sense of security*

The Dynamics Of Human Adjustment

Yi-Tong Ma



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