

The Ego Defenses

- *Repression*

The main ego defense. Acting as if an emotionally painful experience doesn't exist.

- *Denial*

Refusing to perceive that an unpleasant thing doesn't exist.

- *Displacement*

Taking out your feelings on those who had nothing to do with them.

- *Intellectualization*

Separating yourself from your emotions using formal, logical, intellectual means.

- *Identification*

Increasing your feelings of self-worth by identifying with (a) person(s) or institution of note.

- *Introjection*

"If you can't beat 'em, join 'em."

The Ego And Its Defenses

Ying-Ying Zheng



The Ego And Its Defenses:

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **The Ego And Its Defenses** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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