



UNIT 10 PERSONALITY
PSYCHOANALYSIS & FREUD'S
DEFENCE MECHANISMS



Defence Mechanisms & The Vampire Diaries


Defence Mechanisms

☐ Ways in which we protect our EGO's
according to Freud




Vampire Diaries & Defence
Mechanisms


- ☐ Damon Salvatore
(17 years old)
 - Older brother
 - Loves Elena
 - Raging temper
- ☐ Stefan Salvatore
(15 years old)
 - Younger brother
 - Used to date Elena
 - Now dating Caroline
- ☐ Elena Gilbert
(18 years old...)
 - Started dating Stefan
 - Turned into a Vampire
 - Started dating Damon her true love ☺




Bonnie Bennet
- Elena's best friend
- dating Damon's friend Enzo
- is a witch



Caroline Forbes
- Friend dating Stefan
- also a vampire





Enzo St. John
- Vampire/Damon's friend
- Dating Bonnie the witch



REPRESSION



- Pushing thoughts out of conscious awareness
- When asked how he feels about the Elena being gone, Damon replies "Who? Oh yeah I haven't thought about her in awhile."



DENIAL

Not accepting the ego-threatening truth

- Damon continues to talk to Elena, calls her every night, and plans future dates, and keeps a journal of daily events as if she is not gone in a magical sleep thing.



DISPLACEMENT



- ▣ Redirecting one's feelings toward another person or object- often on things less threatening
- ▣ Damon takes out his anger about Elena being linked to Bonnie by smashing his PS4 and going vampire crazy with his friend Enzo.

PROJECTION

Believing that our personal feelings toward someone /something else are actually held by another person



- ▣ In the Vampire Diaries, Damon *says* he is better off without Elena even though he isn't.

REACTION FORMATION



Expressing the opposite of how one feels

- ▣ Damon says that Elena is so annoying and that he can't stand her. She means nothing to him anymore...
- ▣ *You right...@*

REGRESSION

- ▣ Returning to an earlier, comforting form of behaviour
- ▣ The stress of Elena going into the magical witch slumber until Bonnie dies, makes Damon regress back and he begins sleeping with his favourite stuffed animal toy from childhood.



RATIONALIZATION

- ▣ Trying to explain a negative occurrence in a positive light
- ▣ Damon tells Stefan that Elena is better off without him, and that she should find someone who is not a vampire when she wakes up.



SUBLIMATION



- ▣ Channelling one's frustration toward a different goal (Healthy Defence Mechanism)**
- ▣ Damon decides to take out his frustration of missing Elena by taking up jogging, hanging out with friends, and volunteering in Mystic Falls.
