AP Psychology 12 Ms Carey Unit 10: Personality
**Psychoanalysis & Freud’s Defence Mechanisms**

**Defence Mechanisms:** Protects our Egos (according to Freud)

1. **Repression**
* Pushing thoughts out of conscious awareness
* When asked how he feels about the breakup with Elena,
Damon replies “Who? Oh yeah I haven’t thought about
her in awhile.”
1. **Denial**
* Not accepting the ego-threatening truth
* Damon continues to follow Elena around anyways, calls her every night, and plans future dates
1. **Displacement**
* Redirecting one’s feelings toward another person or object- often on things less threatening
* Damon takes out his anger and jealousy by smashing his PS4 and going vampire crazy
1. **Projection**
* Believing that our personal feelings toward someone/something else are actually held by another person
* In the movie American Beauty, the dad is homophobic, even though he is gay
* In the Vampire Diaries, Stefan *says* he is over Elena even though he isn’t
1. **Reaction Formation**
* Expressing the opposite of how one feels
* Damon says that Elena is so annoying and that he can’t stand her
1. **Regression**
* Returning to an earlier, comforting form of behaviour
* The stress of his breakup with Elena gets to Damon and he begins sleeping with his favourite stuffed animal toy from childhood
1. **Rationalization**
* Trying to explain a negative occurrence in a positive light
* Damon tells Stefan that he can get a better girlfriend anyways, that’s better looking than Elena, and way more fun to be with (and isn’t a vampire) ☺
1. **Sublimation**
* Channelling one’s frustration toward a different goal (Healthy Defence Mechanism)\*\*
* Damon decides to take out his frustration of the breakout by taking up jogging and volunteering in Mystic Falls