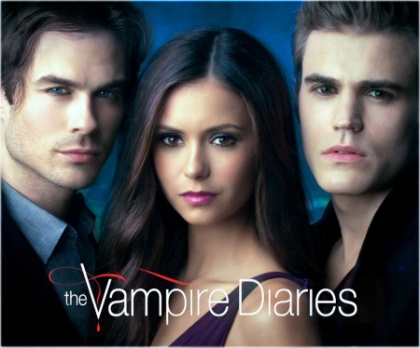
AP Psychology 12 Ms Carey Unit 10: Personality   
**Psychoanalysis & Freud’s Defence Mechanisms**

**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