

OVERALL OVERVIEW OF DEFENSE MECHANISMS

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DECLARATION

I do hereby attest that I am the sole author of this project/thesis and that its contents are only the result of the readings and research I have done. Permission has been obtained from persons and institutions mentioned to include their interviews and their case studies.

To the best of my knowledge and belief, it has not been presented in any previous application for state diploma or degree. All quotations are indicated, and sources of information specifically acknowledged by means of references.

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wholeheartedly grateful for their legacy which I experience as the pure altruism they have bestowed on this world.

Dragana Penco

ABSTRACT

This paper deals with the question of the mechanisms of ego defenses. The paper was written as an interpretation and an attempt at a comprehensive understanding of the concept of defense mechanisms, which psychology has been dealing with for over a hundred years, and which have their roots in Freud's psychoanalysis.

The paper begins with an explanation of what defense mechanisms are and what they defend - an explanation of ego, self and superego that are important for the development of defense mechanisms. The paper continues with different views on defense mechanisms and hypotheses how they are utilized, and which psychologists, psychoanalysts, psychiatrists, psychotherapists have developed over the decades. The paper explains each defense mechanism individually, how much this was in the power of the authors and how much the psychological sciences have discovered about them so far.

The aim of this paper is to make a comprehensive and at the same time understandable overview of such a large and important area in human behavior.

The methodology used to write this paper includes a review of the literature on the defense mechanisms, an analysis of the work done so far on this topic, observing clients at psychological consultations held by the author, and summarizing the knowledge gained so far.

The literature used for the analysis is the literature that, in the author's opinion, best deals with this area and offers the best understanding of it.

Along with the analysis, units of measurement / tests / questionnaires are attached, according to which the representation of certain ego defense mechanisms in individuals is determined.

Understanding these mechanisms, the dynamics of their development and the opportunities provided by each mechanism individually, can enable an individual to better understand themselves, and thus to better manage themselves and relationships with people.

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CHAPTER 1.

1. INTRODUCTION: WHAT ARE DEFENSE MECHANISMS

Defense mechanisms appear in different areas of psychology. Clinical psychology, personality psychology, social psychology, cognitive psychology, developmental psychology, and psychoanalysis.

Theories about defense mechanisms and their use differ in relation to the professional psychological identity of researchers, but it can be said with certainty that the foundations for studying defense mechanisms were laid by psychoanalyst Sigmund Freud, and later established and extensively studied by his daughter Anna Freud. In their view, defense mechanisms have a role to play in protecting the ego from anxiety or at least reducing anxiety. Later, with the development of social psychology, a new way of observing this topic was opened, that is. the assumption was made that defense mechanisms serve to protect the notion of self and maintain self-esteem.

Defense mechanisms reduce anxiety that occurs in the conscious-unconscious relationship, but they also have the function of reducing anxiety caused by a state of cognitive dissonance (Vaillant, 2000). According to Cramer (2006), defense mechanisms are constructs by which we describe cognitive operations that occur on an unconscious level and can modify conscious experiences of thought or affect.

In cognitive psychology, in the last two decades, the idea of unconscious adaptation has reappeared in terms of resilience (Kobasam, Maddi and Kahn, 1982, according to Vaillant, 2000) and emotional coping. In addition, cognitive psychology has offered several good empirical findings relating to unconscious mental processes and selective attention, processes that underlie repression and projection (Cramer, 2000). Although this paper was written as a general analysis of previously created papers on defense mechanisms, studying the literature and observing the clients and the defenses they use made me passionate about this topic. Knowledge about the complexity of the defense mechanisms and the ways in which they are used can be of vital benefit to any individual.

In the DSM - IV, defense mechanisms are described as: "Automatic psychological processes that protect a person from anxiety and awareness of internal or external dangers or stressors ... and mediate between a person's reactions to emotional conflicts and internal and external stressors" (p. 769).

Krech and Crutchfield (1958) list eight general features of defense mechanisms:

1. In moderate doses, they represent normal forms of behavior
2. We do not use them consciously
3. Which mechanism will be used depends on the nature of the case and the characteristics of the person

4. The pattern of behavior that is most easily challenged in a particular person makes the behavior unique

5. Defense mechanisms can have adaptive and detrimental effects

6. Defensive behavior has incidental value for the individual and society

7. Defense mechanisms can block themselves. Thus, rationalization can be refuted, identification can reject itself, withdrawal can be inhibited, and repression can be detected, which means that conflicts are even stronger (Jadranka Kolenović-Đapo, Saša Drače, Nina Hadžiahmetović, 2015)

8. If defense mechanisms are not successful in combating anxiety, they can take the form of mental disorders.

Wegner and Pennebaker (1993) define psychological defenses as mechanisms of mental control that people use to avoid or manipulate mental states that strongly affect them. Longitudinal research has led to the conclusion that defense mechanisms change over time and that they occur in a different order with age.

The greatest importance of defense mechanisms is that they are needed to preserve two constructs:

- Ego tj. authentic self (self as object) and
- Self tj. the notion of self / public self (self as subject).

Both concepts come from psychoanalysis.

The boundaries between the Ego and the Self are not clearly defined, so we will argue that they overlap, but it could be said that the Ego is all that we really are, and the Self the way we see and think about ourselves (explanation follows). The defense mechanisms are part of the ego in charge of its protection, but also the protection of the Self and self-esteem.

** There is an interesting division between Ego psychologists and Self psychologists, the former claiming that the Defense Mechanisms serve to protect us from low self-esteem, while the latter claim that they serve to protect against excessive self-esteem.*

Among the authors, there are differences in the understanding of the processes that underlie the defense mechanisms, and the function they have in the defense of personality. According to the traditional understanding, the function of defense mechanisms is to reduce or completely eliminate anxiety, while modern interpretations see the function of defense in protecting or raising self-esteem.

CHAPTER 2.

2. WHAT ARE WE DEFENDING?

2.1. Ego

The creator of the term Ego is Sigmund Freud, who, however, gave it a minor role in relation to ID. Freud believes that this is a structural model of the psyche. Before the emergence of psychoanalysis, "psychology was the psychology of the Self" (Federn, 1926, according to Kondić, 1987). The first serious psychological discussion of the concept of the Self was made by the representative of functionalism William James (1890), who understood the Self as a thinker and knower. I as an object (our knowledge of who we are) and I as a subject (the act of thinking about ourselves).

2.1.1. Freud's representation of the ego:

Freud presented man as a being divided into the unconscious, the conscious and the subconscious. Of these three, the unconscious plays the most dominant role, while the subconscious and the conscious have a subordinate role.

Freud's next theory refers to the structure of the personality, which also consists of three parts, namely: Id, Ego and Super Ego. According to this theory, the total mental energy is in ID, and for that reason Freud's psychology is called ID-psychology. Later, other scientists in the field of psychology developed the so-called ego - psychology. Heinz Hartmann (1894-1970) is considered the father of ego psychology.

The ego is an organized part of the personality structure that includes defensive, perceptual, intellectual-cognitive, and executive functions (Wikipedia). Originally Freud used the word ego to denote a sense of self, but later revised it to mean a set of psychic functions such as judgment, tolerance, reality testing, control, planning, defense, information synthesis, intellectual functioning, and memory (Snowden, Ruth, 2006). The ego separates what is real, helps us organize our thoughts and understand the world around us. However, the super-ego constantly observes how we behave and feel, and if the ego is not in line with the super-ego's norms, it punishes us with feelings of guilt, anxiety, and inferiority. Later, the idea of the Ego underwent a transformation by Freud's daughter Anna Freud, but also by Hartmann and Erickson.

Since the ego has an adaptive function (Hartmann 1939) and serves to synchronize (Blanck 1985):

1. The ego serves to harmonize the relationship between the individual and the environment
2. The ego serves to establish a balance between psychic systems

3. The ego serves to regulate and establish homeostasis

In line with this is the claim that the ego is independent (Hartmann) and that it independently creates plans and realizes goals. For this reason, Hartmann argues that each person has the ability to find the most acceptable solution and explanation with the goal of effective adaptation.

Henry Murray first, then Eric Erickson and others advocated the development of Ego-psychology in which the central place was given to the Ego instead of ID.

M. Kulenović (1989) believes that the ego has six most important functions:

1. The ego is pushed towards the outside world and directed towards reality (Sense of reality, reality testing, adaptation to reality)
2. Control and regulation of instincts (ability to delay the satisfaction of instincts)
3. Object relations (experience with important people for the development of the concept of I)
4. Synthetic functions (organization and functioning of the ego)
5. Autonomic functions (beginning of psychic functions)
6. Defensive function of the ego (reacting to interpsychic threats, i.e., experiencing two needs, and the ability to satisfy only one)

According to Grenwald (1980), these components can be described as:

- a) cognitive, organizational function: I as an object.
 - Function: organizing knowledge about oneself and the social world
 - b) emotional: I as a subject.
 - Function: understanding one's emotions and self-concept
- which together affect the construction of the third:
- c) Executory: I as the executor.
 - Function: managing our behavior.
 - d) defensive.
 - Function: protective role.

We are builders of our psychological environment, able to manage our behavior, recognize emotional state and choose information about ourselves. In order to overcome the difference between Id's desires and the expectations of the superego, the ego uses defense mechanisms. They reduce tension by masking our threatening impulses (Meyers, David, 2007). The ego often uses defense mechanisms when the behavior of ID conflicts with reality and morals, norms and taboos of society or the expectations of the individual as a result of the adoption / internalization of morals, norms and their taboos (Wikipedia). In the context of ego development, the development of multiple processes, cognitive functions, defenses, and interpersonal skills is known, or until early adolescence when ego processes occur (Noam Gil G. et al., 1984).

The ego is all that we are. Our ego includes our inner world (our desires, dreams, fears, hopes, thoughts, feelings, emotions, thoughts, information, memories, longings,

worries, etc.) and our outer world (things we possess, relationships with people, things we are dear to us... in short everything that belongs to us).

2.2. Superego

It is a construct that reflects cultural rules that mostly come from parents through their influence and examples (Schacter, Daniel, 2009).

According to Sigmund Freud's psychoanalytic theory, the superego is one of the three components besides the ego and the Id that make up the human personality. The superego is an ethical component of personality and ensures the moral standards by which the ego operates. Criticisms, prohibitions, and inhibitions of the superego form a person's conscience, and his positive aspirations and ideals represent someone's idealized image of himself, or "ego ideal" (Encyclopedia Britannica).

Freud developed his concept of the superego from an earlier combination of the ego ideal and the construct in charge of seeing whether the narcissistic gratification of the ego ideal is assured. According to Freud, "the installation of the superego can be described as a successful example of identification with parental expectations." The superego develops during the first five years of life in response to parental punishment and approval. Superego in development absorbs the traditions of the family and the surrounding society and serves to control aggressive or other socially unacceptable impulses. While the person encounters other esteemed role models and deals with the rules and regulations of the wider society (Encyclopedia Britannica). As development progresses, "the superego also takes on the influence of those who have taken the place of parents - educators, teachers, people chosen as ideal role models" (Wikipedia).

The super-ego strives for perfection (Meyers, David G, 2007). It forms an organized part of the personality structure, mostly unconscious but not completely, that includes individual ego ideals, spiritual goals, and psychic expectations (commonly called "conscience") that criticizes and forbids their instincts, fantasies, feelings, and actions. "The super-ego can be considered a kind of conscience that punishes bad behavior with a sense of guilt. The demands of the super-ego are often opposed to the demands of the id, so the ego sometimes finds it difficult to reconcile the two.

The super-ego acts as a conscience, maintaining our sense of morality and forbidding taboos (as opposed to going as an "animal" in its attempt to live only from satisfying its aggressive and sexual needs (Freud's interpretation) / need for pleasure).

2.3. Self

In parallel with the development of concept of the Ego, concept of the Self was developed, and we owe the greatest credit for that to Heinz Kohut and Otto Kernberg.

But it must be noted that more or less all the authors were influenced and impressed by Freud's psychoanalysis, on which the idea of the Self is based today.

The credit for the introduction of the concept of the Self belongs to Carl Gustav Jung, who (1945, 1978) talks about the oneness that is formed gradually and affects the development of personality. Jung claims that a person is integrated only if there is a unification of oneness and the conscious self, and that none of these structures has lost its characteristics. Also, according to Pervin et al. (2008), the concept of Self is marked as a process in which an individual finds a unique concept of himself (uniqueness) but is still part of the collective unconscious.

** The collective unconscious is the dimension of consciousness that is common to all human beings, that is. something that all people share, regardless of culture, beliefs, etc. This concept was set by Carl Jung. In this hypothesis, Jung dealt with mystical experiences, artistic experiences, therapeutic, recurring dreams. The collective unconscious consists of archetypes read in symbols that are repeated regardless of the culture, religion, or geographical area in which a person grows up. In scientific circles, it is collectively unconsciously considered pseudoscience.*

Kohut (1999) is the progenitor of the term the Self. His description of the Self is that that is he: The psychological sector of an individual's ambitions, skills and ideals. He argues that Self is a central aspect of our personality, formed in interaction with self-objects (these interactions need to be optimal to integrate Self and identity) and Self should be understood as a continuum where potentials and basic goals are at one end and on the other end the strive to achieve those basic goals. What connects these two ends are abilities, competencies, and talents.

Carl Rogers (1959) believes that the Self is the perception of an individual about his characteristics, values, and competencies. Based on the notion of what we are, the need to value ourselves and self-esteem is developed.

- What would I like to be (descriptive part of the self) "What am I like?"
- What can I do (self-evaluation component) "What do I want to be?"

I in need, with the corresponding question:

- What do I think (others think) I should be? (Higgins, 1987),

Oglivie (1987) also introduces the concept of self that answers the question

- What am I afraid to be?

And encompasses the totality of a person's perceptions with characteristics he or she does not want to possess.

The difference between the real and the desired and the real and the expected self is very important. The greater the difference between the desired traits and one's own traits, the more respondents report the affect of sadness. The greater the difference between one's own characteristics and the expected standard of their manifestation, the more pronounced is the affective state of anxiety, and the feeling of shame due to the lack of standards. More life roles contribute to the richness of the self. Also, failure in one role is easier to bear if we were successful in another role. Brown and Smart

(1991) argue that success in one field / role will help preserve self-image when we are not good in another field.

Modern psychology experiences the Self through a dynamic version, i.e. self-object theory. Self-objects are the people we experience as the creators of our Self and therefore as parts of our Self. The notion of ourselves will also depend on the way we see reality, that is. our Self. A well-adjusted person will accept both the positive and negative aspects of themselves (Taylor and Brown, 1984)

Mentally healthy people have a positive opinion of themselves, but are able to accept the other, negative side of their personality (Allport 1961). According to him, in order to become such, a mature person should feel continuous security in life. Related to this are the experiences in early childhood, due to which she realizes that stings do not represent a fatal wound, and fear does not bring misfortune. A mature person expresses his beliefs, and at the same time he does not feel threatened by the beliefs of others or other people's emotional manifestations. "

Maslow (1954) argues that mature people not only accept themselves and others, but also accept nature, without arguing and demanding to be different. The self has three functions: organizational, emotional, and executory. These three functions help us to interpret information about ourselves and the social world, determine emotions towards ourselves and others, and direct our behavior based on that. The self controls our emotions and "defines" the way we perceive others.

However, research shows that this is not the predominant case. The predominant case is an asymmetrical view of oneself. We are extremely sensitive to feedback about ourselves, and because of the things we do, we often cannot avoid being judged. Negative information about us influences us to think that our Self is endangered and in order to protect the Self and Ego we resort to perceiving negative information about ourselves in a biased way which leads us to defense mechanisms.

Activation of self-discrepancy also activates certain ego-defenses (Newmana et al. 1997). Between the self-discrepancy (disproportion) of the real and the ideal, a positive correlation is expected, between the real and the expected - a negative correlation between the real and the unwanted to be) neurotic and immature defensive styles are expected.

Alloy and Abramson (1979) say that a large number of life events require the transformation of reality. Relying solely on objective reality would trigger an avalanche of negative emotions or depressive states. For this reason, man has developed, among other things, something called self-burdening, which is defined as the process of creating obstacles for ourselves to insure ourselves in case of failure (Aronson et al. 2005).

There are two ways in which this process is carried out:

1. Man sets obstacles for himself, and in case of failure, obstacles are to blame.
2. Prepare in advance a scenario that contains countless different excuses, in case of failure.

Another reason why we need defense mechanisms is the amount of our psychic energy at our disposal. With a limited amount of psychic energy, we do not have the ability to analyze every situation in a way that stops us: are our explanations realistic and effective. Therefore, the response to our perception of the situation occurs automatically and is usually "tailored" to our needs. We recognize the previous two processes and this transformation of reality as defense mechanisms.

CHAPTER 3.

3. OVERVIEW OF SOME OF THE MOST SIGNIFICANT HYPOTHESES ON THE DEVELOPMENT OF DEFENSE MECHANISMS

Hobbes, Nietzsche, and Bentham spoke about defense mechanisms before Freud, but Freud was the first to introduce them into psychology. His first mention of defense mechanisms is in the study of psychoneurosis - defense from 1894, but only in 1923 did he pay more attention to them. Therefore, it can be said that his daughter Anna Freud (1936, 1961), who developed the classification of defense mechanisms, and psychoanalyst Fenichel (1945, 1961), who recognized that they serve to protect self-esteem, are most responsible for the popularization of this theory.

Based on Freud's models, new, modern models of defense mechanisms were created. Freud gave the greatest importance to the defense mechanism of Suppression, but later realized that it was impossible to cover everything under this one hat, and he divided the mechanism into two groups: normal and pathological. According to him, normal defense mechanisms serve to defend the ego when something negative is activated by it, while pathologically they are activated due to the fact that there are too many negative stimuli in a person.

The second division is into real anxiety (fear of real events), neurotic anxiety (conflict between Id and Ego) and moral anxiety (conflict between Superego and Ego).

In the book *Ego and Defense Mechanisms*, Anna Freud systematically deals with nine defense mechanisms: regression, annulment, formed reaction, introjection, identification, reversion, turning against oneself, sublimation and negation.

Although Sigmund Freud was of the opinion that defense mechanisms are related to conflicts between Id, Ego and Superego, Anna Freud believed that defense mechanisms develop in childhood (from her extensive clinical practice in working with children) and that serve, in addition to defending impulses (according to Sigmund Freud) and reducing negative emotions such as sadness, fear, jealousy, anger, sadness, but also positive emotions such as love. Depending on the need, the ego uses defense mechanisms to reduce unacceptable affects.

According to Freud's theory, children go through four developmental stages, which are arranged as follows:

1. In the first year Oral phase
2. From the second to the third Anal phase
3. From the third to the fifth Phallus phase
4. And from the beginning of puberty onwards Genital phase

Stuck / fixation at any of these stages will, according to this Freudian theory, make the child choose different types of defenses.

- People who are "stuck" in the Oral phase choose: projection, denial, introjection.
- People who are "stuck" in the Anal Phase use: intellectualization, reactive formation, isolation and non-execution, regression...
- People who remain in the Phallus phase primarily use repression.
- While people in the Genital phase use mature defense mechanisms: humor, sublimation, altruism.

M. Kulenović (1989) claims that a child tries to find a good way to defend his ego between the demands of Id and the demands of reality, and it looks like this: Children in the anal phase develop "disgust" for things they did before, and choose things which are more acceptable. Child wants to get dirty - Child wants to be tidy (reactive formation).

If the child "gets stuck" in the defense mechanisms typical of the Phallus phase (repression), he will remain infantile.

In order for a child / person to use mature defense mechanisms, the ego needs to be firmly integrated between the Id and the super-ego (reality requirements). More precisely, in relation to how dominant the ego is in relation to which of these systems. If the Id is strong, the person remains infantile, and uses projection and regression as defense mechanisms. If the super-ego is strong, the person is haunted by feelings of guilt, i.e. uses neurotic defense mechanisms.

Anna Freud later argues that it is pointless to look for the exact period when which defense mechanism is activated. One of her more interesting conclusions is that the original defense mechanism is actually repression, that is. Suppression (Carter and White 1987) - suppression of unpleasant thoughts and feelings, and when it does not do its job well enough, it is necessary to include other defense mechanisms. It was also concluded that repression is not a good defense mechanism because it can easily lead to a boomerang effect. the return of repressed thoughts and feelings.

Freud's theory that defense mechanisms serve to defend the ego from unacceptable sexual and aggressive demands was later somewhat abandoned, but interest in defense mechanisms remained the same and the direction in which they claim to protect self-esteem developed more. However, there are theorists (Baumeister et al. 1998) who claim that these two currents are not contradictory.

Karen Hornay (1945) defined defense mechanisms as strategies that enable an individual to cope more easily with life's difficulties, and shared the opinion with S. Freud and A. Freud that people use defense mechanisms to protect themselves from

anxiety, but also recognized that defense mechanisms help people maintain self-esteem.

Defense mechanisms are classified according to the degree of maturity. In relation to the stages of development of object relations and psychosexual development, the emergence of certain defenses can be monitored. In accordance with that, the emergence of pathological defense mechanisms can be monitored (Kolenović-Đapo J., Saša Drače, Nina Hadžiahmetović; 2015): Psychosis, Borderline Personality Disorder (Borderline) and Narcissistic Personality Disorder.

1. Psychosis - Psychotic defenses are psychological processes that involve unconscious, or more or less conscious, attempts to cope with reality. The goal of using this defense mechanism is protection against decay and destruction. In *Neuro-Psychoses of Defense* (1894), Freud wrote: "There is, however, a much more energetic and successful type of defense. Here the ego rejects the incompatible idea along with its affect and acts as if the idea of the ego did not come to mind at all. But from the moment it is successfully done, the subject is in psychosis." The main psychotic defenses, according to Freud, were: prohibition, projection, and delirium. Melanie Klein underlined the main role of the defense mechanism of projective identification in psychotic functioning. Later, other mechanisms became the subject of important conceptual developments: projection, splitting (ego or object), and par renunciation / idealization.

Psychological defenses are not limited to psychotics. Since Bion, they are considered part of the mental functioning of each individual, until they have acquired an invasive and systematic quality.

2. Borderline personality disorder - according to Kernberg serves to separate love and hate, while according to G and R. Blanck (1985) to preserve love from hate. The reality is preserved here, but the problem is in personal perception, subjective experience of the relationship, etc. The superego is poorly integrated, and aggression is present due to the inability to use neutralization mechanisms. Excessive dependence on external influences, incestuous urges and promiscuity arises.

3. Narcissistic personality disorder - introduced by Kohut (1971). It refers to psychologically stable personalities, unlike the previous two disorders. It develops so that a person is praised in childhood for progress and from that develops a magnificent, auto-erotic self. Under normal circumstances, it should integrate with the external object (parent) with the inclusion of the super-ego. However, if disappointment occurs in the parent, structural weakening occurs and the person cannot withstand this narcissistic homeostasis (G and R. Blanck 1985). If this integration does not happen the person returns to an auto-erotic self. Defense mechanisms such as avoidance, isolation and dissociation are used for this.

This disorder is associated with Margaret Mahler's third stage of development (1975), individuation / separation, whose self development is divided into four parts (Normal Infant Autism, Symbiosis, Individuation and Separation, Shifting to Self Object Stability) is conceptually different from Freud's division. Children who do not

experience differentiation at this stage and lack the ability to idealize others while at the same time being proud of themselves and therefore relying on their majestic and archaic self may develop narcissistic personality disorder and low self-esteem (Corey, 2004). Basic symptoms include self-centeredness, a strong need for admiration, feelings of low intensity, and a tendency to exploit others (Kernberg, 1975, according to Corey, 2004), as well as constant threats to self-esteem and feelings of emptiness (Kohut, 1971, according to Corey, 2004.).

CHAPTER 4.

4. PSYCHOLOGICAL DEFENSE MECHANISMS

As we have said the basic role of defense mechanisms is a protective role for Self and self-esteem. The defense mechanisms serve to keep the ego preserved and to maintain our self-esteem, so that they are actually a necessary part of our ego. They also help the person cope better with negative emotions.

Psychological defense mechanisms arose out of the need to protect one's personality, just as all other forms of protection arose. According to the principle: the most capable survive, so it is with the mechanisms of our psychological defense - if they are well developed, we will protect ourselves. However, if we use them abundantly or too much, the reality becomes altered and they do us more harm than good. The role of defense mechanisms according to Hall and Lindzey (1979) does not have to be pathological or normal, but can lead to healthy goals.

Carl Rogers claims that we are aware of our experiences but are able to perceive experiences as threatening if they do not fit into our self-image, and that we use defense mechanisms to "preserve the experience of ourselves as it is at the moment." He also claims that it depends on the notion of self which defense mechanism we will use: Negation (denial of conscious experience) or Rationalization (transformation of conscious experience to get a result consistent with the notion of self)

Pervin, Carvone, and John (2008) say that in order to strike a balance between these discrepancies (experiences and self-images), a person responds with a defense.

Secondary defense mechanisms help in forming an image of oneself, Karen Hornay believes. Unable to develop an adequate self-image due to neurotic needs, a grandiose self-image develops, for which we use defense mechanisms. According to the existentialist - phenomenological - humanistic direction, the natural aspiration of a person is to become fully functional. If he does not achieve that, i.e. if he perceives that the expectations of the environment are different from his performance, the person becomes anxious. In order to help oneself with anxiety, protect oneself from disturbing contents of consciousness and defend one's personality, a person is forced to distort

the conscious experience. Carl Rogers (1959) listed two defense mechanisms that are used: negation or rationalization, depending on how we understand ourselves.

The defense mechanisms we use depend on personality traits (Cramer 2006). Optimistic people use the Negation that something unfavorable will happen to them, rational people use rationalization obviously, while emotionally mature people use mature defense mechanisms. Depending on the characteristics of our personality (notion of self, motives, personality traits, emotions, etc.), it also depends on which defense mechanisms we will use, and which of them will become part of our identity.

Our perception of ourselves comes from two sources:

1. Our beliefs, abilities, skills, efficiency - especially in the areas that are important to us.
2. Feedback we receive from people who are important to us. This information plays a key role in building our self-confidence, self-esteem and the way we experience ourselves.

Our basic need is to see ourselves as diligent, smart, decent, competent. It is impossible to maintain this image of ourselves if we do not "blame" the image of reality to some extent. If we need to choose between the right perception of the world and the distortion of reality - we will choose the distortion of reality (Aronson et al. 2005). Most of us have a positive self-image for this reason, and suppress negative self-information (Silverman 1964; Brown 1986). Most of us describe ourselves as more capable than others. This is one of the main reasons why we blame the image of ourselves in a positive way for us, and for others in a not so positive way for them. This is also the reason why we routinely reject information that distorts the positive image of ourselves, and highly value information that makes us better and more valuable.

We have less control over the defense mechanisms and they are activated unconsciously, and serve as the main means of dealing with internal conflicts.

We choose the ways of confrontation consciously.

Ways and strategies of coping are common reactions of an individual to psychological effects caused by cumulative stress or in situations of coping with severe traumatic life events.

Vaillant (2000) considered that there are three broad types of confrontation:

- Seeking social support;
- Use of conscious cognitive strategies in order to more elegantly get out of a stressful situation and
- Involuntary mental reactions that distort perception in order to minimize the effects of stress. These reluctant reactions correspond to the traditional understanding of defense mechanisms.

Vaillant (1992) lists four essential functions of defense mechanisms, namely:

1. Controlling the expression of emotions within acceptable limits.

2. Establishing homeostasis or channeling unacceptable urges into socially acceptable activities.
3. Providing a break in situations that we cannot quickly integrate or do not fit into our self-image
4. Assistance in dealing with unresolved conflicts with significant others.

Lazarus (1984) assumed that when an individual finds himself in a stressful situation, in accordance with cognitive assessments, he decides what to do. The decision on the choice of coping strategies depends on the personality traits, environment and cognitive assessments of the stressful situation. In doing so, cognitive assessments can be primary or secondary. Primary assessments: whether the stressful situation for the individual represents: 1. loss, 2. challenge or 3. threat. Secondary assessments refer to an individual's assessments of the possibility of influencing or controlling the event.

An individual can use active or passive coping strategies. Active strategies are consciously chosen, aimed at overcoming of the problem and include: problem solving, seeking social support, reinterpretation, seeking additional information, caution. While emotion-oriented strategies (praying to God, crying, humor, fantasizing, passivation) are more automatic actions and closer to the classical understanding of defense mechanisms, whose activation is unconscious and automatic (Kolenović-Đapo J., Sasa Drače, Nina Hadžiahmetović, 2015). Lazarus and Folkman (1984) argue that automated defenses first had to be adopted, learned in order to become automated activities.

Westen (1985) argues that the Lazarus model is problematic primarily because of the unclear relationship between emotions and stress. Psychologist Haan (1977) developed a model of stress and proposed three responses to stress: (a) coping, (b) defense, and (c) fragmentation. Confrontation is conscious and rational action, defenses involve distortion of reality and make it impossible to solve problems, while fragmentation is based on disproportionate reactions to life's challenges. Haanova (1977), said:

"People face it when they can, they defend themselves when they have to, and they fragment when they are forced to."

An explanation for defense mechanisms should be sought in economic terminology: utility and cost. Reducing unpleasant emotions and maximizing mood. However, if the selection mechanisms are overused, there is a great distortion of reality, and the price paid becomes higher (Western 1985). Since the development of identity in adolescence has been shown to be particularly accompanied by anxiety, defense mechanisms have the function of controlling anxiety during identity development (Cramer, 2000)

CHAPTER 5.

5. DIVISION AND CLASSIFICATION OF DEFENSE MECHANISMS

5.1. According to the DSM

According to the DSM, defense mechanisms are classified in seven ways.

1. Anticipation, connection, altruism, humor, self-affirmation, self-observation, sublimation and suppression - optimal adaptation to stressors.

2. Relocation, dissociation, intellectualization, reactive formation, repression and denial - serves to keep threatening ideas and fears out of consciousness.

3. devaluation, idealization and omnipotence - lesser distortion of self and others in order to preserve self-esteem

4. Denial, projection and rationalization - squeezing out unacceptable or unpleasant stressors / thoughts / ideas...

5. autistic fantasies, projected identification, analysis of the image of oneself and others - pronounced distortion of the image of oneself and others

6. acting out, apathetic withdrawal, complaining with refusal of help and passive aggression - avoidance and withdrawal from stressors.

7. psychotic projection, psychotic denial and psychotic distortion - psychotic defenses where there is a rift between personality and reality.

There is overcoming things vs. defense mechanisms.

5.2. From the perspective of Brad Bowins

Brad Bowins (2004) came up with the idea that regardless of their status (mature-immature) and the effects they produce (adaptive or non-adaptive) Vaillant (1971) following Ana Freud to a greater or lesser extent distorts the reality that all mechanisms can fit into a broad spectrum of cognitive distortion and dissociation. For example. neurotic defenses involve a greater degree of cognitive distortion than mature defense mechanisms. Defenses from the immature spectrum (e.g. schizoid fantasies) involve greater cognitive distortions than defenses from the mature spectrum (e.g. humor).

5.2.1. Cognitive distortion

Involves the transformation and / or modification of negative or unpleasant experiences / events in order to experience them in a positive and acceptable way. It

depends on maturity how much a person will use defense mechanisms and cognitive distortion (Bowins, 2004).

The greater the cognitive distortions, the less adaptable a person is and vice versa.

- Mild cognitive distortions allow people to see experiences more positively.
- Moderate cognitive distortions are more intense but help the individual to adjust.
- The use of cognitive distortion is too detrimental to the functioning of consciousness and the person must make an effort (because he lacks cognitive resources) to improve the awkward state in which he finds himself (Vaillant, 1977).

A common form of cognitive distortion is the attribution of negative events or failures to external conditions (bad luck, adverse weather conditions), and success to internal characteristics (one's abilities, skills, knowledge). This has a useful purpose in dealing with difficult everyday events. For example, a specific religious ideology (Bowins, 2004), helps a person to more easily accept what is impossible to change with positive, biased attitudes, especially in dealing with the most difficult life stressors (death and loss). If they came from God or Allah, bad events have a different meaning (Rijavec, Miljković and Brdar, 2008).

5.2.2. Dissociation

Making compromises (inhibitions - some psychological processes are less pronounced or completely rejected). Vaillant (1977) believes that they allow the ego to change its internal state, so that emotional conflict is better tolerated. People who respond efficiently in emergencies are taught to reduce or block the experience of fear / anxiety and sadness (Bowins, 2004). Excessively intense emotions (for example, panic behavior) can interfere with performance and obstruct a person in providing adequate assistance, e.g. in crisis situations. The specificity of dissociation is that, unlike other mechanisms, it can be activated voluntarily, e.g. with the help of meditation (Vaillant, 1977).

Forms of dissociation are: emotional numbness, absorption, imaginative involvement, depersonalization, derealization, amnesia, and identity fragmentation (Ross, Joshi, & Currie, 1991, 1990).

Extensive research conducted by Ross et al. (1991), on a sample of 1,055 adults, found that dissociation is used regardless of gender, age, occupation, employment, religious beliefs, material status, level of education, and so on.

Typical forms in the normal population are:

1. Absorption: there is no intention to express negative emotions. Enjoying soap operas is a typical example. Denying pain, staring blankly, talking to oneself out loud, and even finding evidence that something has been done, but the person cannot remember the details of when and how.

2. Imaginative involvement. Bowins describes it as including more enjoyable content when a person is exposed to unpleasant content (student imagination while listening to

a boring lecture). It all comes down to shifting the focus from suffering to more comfortable content, in order to avoid emotional pain.

Bowins (2004), believes that dissociation decreases with age. It decreases in the forties (because the cognitive flexibility necessary for imaginative thinking and absorption decreases), which indicates that this ability has a genetic basis. In severe and specific stressful situations (such as torture, sexual abuse), brief activation of dissociative forms (such as amnesia) may be adaptive.

Dissociation and cognitive distortion play a significant role in the grieving process, hypomania (defense against grief and depression), and obsessive-compulsive behavior.

- Elements of dissociation can play an important role so that completing the grieving process and accepting loss represents adaptive emotional separation (Bowins, 2004).

- French, Richrads and Scholfield (1996) are of the opinion that a hypomanic person can cope with sadness and depression and become productive, since hypomania contains significant cognitive distortions. It is easier for a person and he elevates himself by starting to look at the world in a more optimistic and beautiful way.

- Obsessive-compulsive behaviors in moderate form have a defensive purpose. In addition to dissociations, elements of cognitive distortion are included in these behaviors. Dissociation is more involved in compulsive behaviors (emotions are compulsively excluded from the work we do). Cognitive distortions are more pronounced in obsessive behavior (distorted belief that this will reduce the risk of infectious diseases caused by washing hands too often). Compulsive ritual behaviors have a defensive function, because everything is predictable and expected.

Bowins (2004), cognitive distortion and dissociation “represent two fundamental forms of evolved psychological defenses and there is a degree of overlap between them”. Both defenses have the ability to divert attention from disturbing states by including positive memories. Interestingly, meditation, yoga and physical activities, long walks as explained by Bowins (2004), contain elements of dissociation and help a person to mentally separate from worries and sink into pleasant thoughts. In addition to the physical benefits, this is the reason why these activities are recommended for chronic patients. Given the positive effects of moderate cognitive distortion and dissociation, Bowins believes that special attention should be paid to them and people should be taught to use it in many situations in order to cope with stress in the most natural way. These two crucial defenses that form the basis of all other defense mechanisms and help a person maintain a positive emotional state of their own existence (Bowins, 2004).

** Dissociation is an important mental mechanism that plays a very important role in people's adaptive efforts. In addition, it is a fundamental mechanism in a number of defense mechanisms. Repression, intellectualization, splitting, and other defense mechanisms rely on dissociation to accomplish their specific tasks. Therefore, dissociation is believed to be the fundamental and basic mechanism of many aspects of mental functioning (R.M.Counts, 1990).*

5.3. Division of defense mechanisms according to Vaillant and Anna Freud

Vaillant (1971), following Ana Freud, identified four different levels of defense: mature, neurotic, immature, and psychotic.

CHAPTER 6.

6. MATURE DEFENSE MECHANISMS

They serve to leave the individual with a sufficient amount of psychic energy to be able to deal with reality in peace.

Humor, altruism and sublimation can be described as defenses that are warm and humane, and are not directed only towards oneself, but also interpersonally. This leading trio is generally socially useful. Anticipation and suppression are more selfish defenses because they primarily bring good to the person who uses them. When unforeseen events occur, with the help of mature defense mechanisms, we can have the impression that we have at least some control over them.

Mature defense mechanisms can be consciously controlled (Bowins, 2004). They are important for the psychological well-being of the individual, because knowledge about them has not only scientific implications, but also practical ones. Capacities for the use of mature defenses should be developed in children and young people.

Examples of mature defense mechanisms are: Humor, Sublimation, Compensation, Altruism, Anticipation, Self-Affirmation, Suppression, Self-Observation, Connection

6.1. Humor

There are over a hundred theories that try to define humor (Schmidt & Williams, 1971), and its basic components are social context, cognitive perceptual process, emotional response, vocal and behavioral expression of joy with laughter.

As a defense mechanism, humor consists of presenting a new situation that is perceived as traumatizing by finding unusual aspects and it becomes pleasant and ironic. This mechanism facilitates objectivity towards events and allows the individual to reflect on what he or she is going through (Gabbard, 2007). The pleasure that the use of humor brings is the result of a large amount of saved psychic energy in affects (Freud, 1905). Humor allows Id to fulfill some of his demands, without fear of being

censored by the super-ego. Tension is reduced and therefore a large amount of psychic energy is released which was used to control impulses (Fulgosi 1991).

According to the DSM, humor is one of the highly adaptive defense mechanisms. By using humor, we give ourselves a breather and get rid of excessive negative emotions. Its advantage is that it is a cognitive mechanism that ensures the perception of ironic aspects of events, which then leads to a reduction in tensions caused by external or internal stressors. A group of contemporary authors believe that the use of humor increases pain tolerance, improves immunity and contributes to the cardiovascular system. People who use humor are exposed to a lower percentage of negative emotions and are better adjusted.

Authors Martin, Puchlik-Doris, Larsen, Gray, Weir and co-workers (2003) divided humor into 4 instances, 2x2 to be precise. Affiliative, self-exalting, self-defeating and aggressive. The results of numerous studies (Cann and Etzel, 2008; Abel, 2002; Erickson and Feldstein, 2007) show that humor as a defense mechanism is associated with a greater ability to change perspective in dealing with stressful events and more effective choice of strategies in planning problem solving. Đapo J., Saša Drače, Nina Hadžiahmetović, 2015).

6.2. Sublimation (transformation, conversion)

We turn undesirable behaviors into desirable ones. We turn sexual and aggressive urges into socially acceptable behaviors. According to Freud, all art was developed on the mechanisms of sublimation. Falgosi (1990) argues that sublimation depends on the value of the replacement object. From whether the replacement object is similar to the primary object and how much the company allows sublimation. With the help of sublimation, aggressive and sexual impulses are neutralized by changing the original goal, which then leads to positive effects in the ego.

Freud concluded that sublimation can be a conflict between the need for pleasure and the need for security without disturbance of consciousness (Wikipedia). French psychoanalyst Jacques Lacan introduces the concept of Das Ding (German term for "thing"), which is in fact a vacuum that man experiences as a human being and seeks to fill with various human relationships, objects and experiences.

A review of previous research results (Vaillant, 2000; Malone, Cohen, Liu, Vaillant, & Waldinger, 2013), which address the contribution of defense mechanisms in psychosocial adjustment consistently shows that sublimation is among the top three effective defenses against unpleasant emotions, in addition to humor and altruism. Psychoanalysts believe that different occupations sublimate different aspirations, and some combinations are even fun. Firefighters simulate the need to urinate, gastroenterologists have "stuck" people in the anal phase, nurses, athletes, butchers, doctors have different reasons why they chose their professions. Freud was fascinated

by the construction of skyscrapers in New York and claimed that a lot of sexual energy was brought into their construction.

In addition to occupations, research has shown that different religions use more or less sublimation. Protestants e.g. because their "unclean", sinful and threatening thoughts put more internal pressure on them, they have a greater need for defense mechanisms. The Protestant religion claims that bad thoughts will result in bad deeds and this leads them to repression which is the main component of sublimation. Catholics are more focused on faith, and Jews are more focused on deeds. As accepted in Tanja (Hasidic Jewish mysticism), the sublimation of the soul is considered an essential task in life, aimed at transforming earthly desires for physical pleasures into sacred desires to connect with God. Another important component of sublimation is shifting thoughts.

6.3. Compensation

Reimbursement. Focusing on achievements from other spheres of life in order to look away from spheres in which we are not adequate or we have a fear of inadequacy. Compensation is compensating for a lack of acceptable social activities, in order for a person to oppose the feeling of inferiority, and he was introduced to psychology by Alfred Adler (1917). According to Adler, the feeling of inferiority is a fundamental human feeling, the driving force of personality and the basis for personality development (provided that the feeling of inferiority is channeled in the right direction) (Kolenović-Đapo J., Saša Drače, Nina Hadžiahmetović, 2015). If the feeling of inferiority is not directed in an adequate way, it can develop into a complex of inferiority or a complex of superiority, in relation to the child's perception, his environment and how the parents treat him. Compensation according to Adler's theory comes from the fact that all people are born imperfect in some way, first physically and then socio-psychologically (ethical and racial affiliation, socio-economic status, etc.). we compensate with activities in which we are good.

Jung believes that compensation is an axiom for the correct behavior of an individual, i.e. it gives balance. For objective reasons, a person cannot do what he would like, so he compensates for that with other activities. Compensation is a powerful driver of motivational processes.

6.4. Altruism

Helping others with no expectation to benefit from it. Vaillant (2000) believes that altruism is doing to others what we would like to do to ourselves. With the same

injuries, people can choose different defense mechanisms. Altruism is one of the defense mechanisms for the strongest. Psychological altruism is at odds with psychological egoism, which refers to motivation to increase one's own well-being. The International Encyclopedia of Social Sciences defines psychological altruism as "a motivational state aimed at increasing the well-being of others."

Psychologist Daniel Batson identified four main motives for social exchange: to use oneself (egoism), to use another person (altruism), to use groups (collectivism), or to support a moral principle (principledism). True altruism is considered to be one that is caused by empathy.

In altruism as a defense mechanism there is selfish intention / motivation, but it is important to say that among all defense mechanisms, ego-defense altruism is perfect in the sense that it can make id, superego and ego very happy: Id tries to achieve some selfish desire - Id is capable of thinking (Thompson, 2001) and cannot be limited to instinctive desires (Eagle, 1987) and as in all defense mechanisms, id is the one that gives the main energy. The ego does not notice selfish motivation, the Super Ego is always ready for altruistic actions.

Forms of altruism are: helping, facilitating, sharing, philanthropy, volunteering, working in services that help people in need, etc. The ultimate idea is to relieve stress to other people. Altruism has been shown to improve self-esteem and reduce anxiety and depression. In addition, altruism improves and prolongs life thanks to positive social changes. People who are aware of kindness are happier, whether it is someone else's or their own kindness, and people who are happier are also kinder. This is a cause-and-effect relationship. It has been proven that in people who behave altruistically, the center for pleasure and reward in the brain is more active.

Of course, there is also pathological altruism, which is negative, and that is when it goes to the other extreme. It is negative because being overwhelmed by "helping" can lead to depression and burnout.

6.5. Anticipation

Experiencing activities in advance, thinking and planning, observing one's own emotional reactions. Anticipation helps a person to plan the consequences of an event in advance in order to be able to prepare their emotional reaction. Anticipation also helps to predict events in favor of preparing one's own reaction that will have a more acceptable outcome.

Stress that could result from a difficult challenge is reduced by predicting what the event will be and preparing for how you will deal with it. Anticipation as a mechanism reduces anxiety. There is evidence that the use of mature defenses (sublimation, anticipation) tended to increase with age ", but only predicting negative events tends to decrease with age (Wikipedia).

Taking a number of conscious forms of behavior towards oneself and one's health would be an anticipation: such as: a healthy diet, playing sports, not consuming

cigarettes and alcohol, getting enough sleep and active rest. Skinner (1983) was the first to place this mechanism in the mature mechanisms of ego defense, considering it one of the "mature ways of dealing with real stress".

6.6. Self-validation

Encouraging self-affirming information and behavior about oneself.

The basic admixture is that people want to see themselves as capable, smart, skilled, good enough to anticipate events and make good decisions. Self-validation as a mechanism of ego defense implies additional effort beyond other defense mechanisms. In one part it is about psychological self-validation, while in the other it is necessary for a person to really work on something in order to become more successful in the chosen field and thus protect his ego. Self-validation is somewhat reminiscent of competing with the environment but also with oneself. This mechanism helps people not to include other defense mechanisms such as rationalization, negation, etc. People who use this mechanism are also more aware of their responsibility for events, but they do not distort reality, but try to improve their performance in it.

Self-evidence as a mechanism is self-evident when our self-esteem is compromised and then we have a need to seek our strength in other areas. The components of this mechanism are self-evaluation, self-improvement, self-assessment, self-examination, self-proof, self-improvement.

1. Self-evaluation is a process related to social negotiation and self-modification.

This process comes from motivation, and it depends on the motive in which the individual will choose information, draw conclusions, assess the relevance of data, truthfulness of information, draw conclusions and make plans for the future.

Empirically oriented psychologists have identified and explored three basic motives for self-evaluation (or self-motivation) relevant to developing, maintaining, and modifying self-views. These are self-improvement, self-assessment and self-examination.

2. Self-improvement serves to improve your own self-concept as well as protect yourself from negative information. We process information that is important to us in a selective way and divide it into information with positive and negative implications about ourselves. Another thing that is used is comparison with other people, and in the context of self-assessment, reducing negative information, and increasing positive. People want to see themselves favorably, so they take more into account data that is favorable to themselves, and reject unfavorable ones. Favorable data are processed faster and more thoroughly, evaluated as more accurate and better remembered than others.

3. Self-assessment is based on the assumption that people want to have an accurate and objective evaluation of themselves. Feedback is sought to increase the

accuracy and objectivity of previously formed self-perceptions, confirm new information or challenge pre-existing self-perceptions.

4. Self-checking is the desire to check one's already existing self-perceptions. By doing so, people gain a sense of control and predictability in the social world (Wikipedia). The answers depend to some extent on the previously formed self-perception, i.e.. when a certain trait is present, positive feedback on this trait is estimated to be more accurate than unfavorable feedback. On the other hand, negative feedback is considered more accurate than positive feedback in the presence of an alternative trait.

6.7. Suppression

Controlling affect, that is, consciously making a decision not to express a certain emotion. The term “suppression” in its broadest sense was used by Sigmund Freud (1900) to describe a conscious mechanism designed to remove unwanted psychic content from consciousness.

Suppression is good self-control (Atkinson et al. 1983), so people who use it seem cold. These authors claim that people who use suppression are able to put emotions aside and not allow public manifestation, in order to focus on solving the task, but that they subsequently face their emotions alone. Suppression allows us to focus on our work without being hindered by every impulse that arises and not having to react to those impulses.

The difference between suppression and repression according to Freud (1915) lies in the fact that repression is an unconscious defense mechanism and under its influence the repressed content becomes or remains unconscious, but the terms consciously and unconsciously are subject to different interpretations, so this conclusion is not fully defined.

The mechanism of suppression is good, but avoiding certain thoughts produces some side effects. Suppression works so that activities are prepared in advance when a restriction occurs.

6.8. Self-observation (introspection)

Observing oneself, i.e. own psychic experiences and analysis of that experience. It is divided into two variants:

1. Simultaneous introspection - happens at the same time as the experience
2. Retrospective introspection - happens later, from memory.

Introspection has been rejected by some psychologists because it is a subjective experience of oneself, but for people who are able to apply it objectively, it is more than

welcome as a deep insight into one's own personality. The idea of introspection is to observe our inner world as objectively as possible, but also the world around us, but in a way that what we "see" / notice is not experienced personally, but as if it happened to someone else. The disadvantage of self-observation is that it takes a long practice for a person to reach the level of perceiving his own experiences as someone else's and objective.

Giovani Jervis (1993) perceives introspection as "an accidental, partial and unstable phenomenon" because "disturbances, forgetfulness, partial awareness or temporary forgetfulness of learned knowledge form the vital tissue of our mind".

The obvious advantage of self-observation is that some things can be resolved in this way: that we do not experience our emotions personally, that we understand that our psychological-emotional states are transient, that current events no longer make us sad and unhappy. This is a powerful tool to change the way we act without too much ego damage. Self-observation is perhaps the most difficult defense mechanism, but also the most useful by all accounts.

6.9. Socializing

It is a matter of feeling close and belonging to someone or a group, and since people are social beings, this is the very basis of social psychology. Maslow placed the need for connection in the basic human needs that must be met in order for man to satisfy the rest of his needs. Since we are born helpless and dependent on other beings, this need in us remains strong forever.

Socializing or the urge to socialize with others in order to benefit from their company and advice probably cannot be fully considered a defense mechanism, but it is the perfect offensive strategy to effectively deal with anxiety and pain. Being with others (e.g. at church, social club, Alcoholics Anonymous) or visiting a counselor or therapist, gives the person opportunities to breathe, think about other things, test reality and through other useful emotional supports. Seeking support from others improves coping ability, while attachment needs are also met. Others can improve the individual repertoire of ego skills through advice, modification, planning, judgment, role-playing, practice, etc. This is usually accompanied by a reduction in the subjective tension achieved by expressing one's own feelings and sharing one's conflicts (Mariagarzia Di Giuseppe, J. Christopher Perry).

Connecting with others has many health benefits: reduces the risk of type II diabetes, stimulates oxytocin secretion, reduces cortisol secretion and free radical release, helps prevent heart disease, reduces anxiety, depression and other health risks, etc. Connecting is an internal matter and does not have to refer to a large number of people, but it is enough for a person to feel connected to one person or even an animal. It practically provides a sense of acceptance, because if we are able to

connect with others - it means that we are acceptable and that our qualities are acceptable and good, which again means that other people have a good opinion of us, i.e. that our ego is safe.

Socializing is not simply shown by belonging to an organization This is rather shown by conflicts and problems of giving and taking that arise in the context of belonging to an organization or by entrusting to others.

Socializing connects an individual's needs for emotional attachment with a desire to deal effectively with internal conflicts or external stressors.

CHAPTER 7.

7. IMMATURE DEFENSE MECHANISMS

These mechanisms are often present in adults. Immature psychological defense mechanisms are psychological processes that play an important role in suppressing emotional awareness and contributing to psychopathology. They reduce anxiety and distress caused by threatening people or an unpleasant reality. Excessive use of such defenses is considered socially undesirable, because they are immature and almost always lead to serious problems in a person's ability to cope effectively with reality. Immature defense mechanisms correlated with the consumption of unhealthy foods, alcohol and television, and even sex. Immature defenses are often found in people with substance use disorders, major depression, and personality disorders.

Examples of immature defense mechanisms are: Idealization, Devaluation, Omnipotence, Role Playing, Projection, Identification, Introjection, Hypochondriasis, Somatization, Projective Identification, Passive Aggression, Parsing, Thinking through Desires, Fantasizing, Denial, Refusing Help and Regret.

7.1. Idealization (also included in narcissistic defenses)

An ideal impression is created about another object (person or event) and only good qualities are attributed to it, while negative ones are suppressed and ignored. There is a strong connection between idealization and narcissism, that is, the object of idealization is treated as oneself, with care, love and admiration. Freud did not consider this concept a defense, but Melanie Klein (1952) believed that idealizing an object is

essentially a defense against unpleasant, destructive, instinctive desires. This mechanism leads to the splitting of idealized "good" and "bad" objects. Within the idealization, there is also the denial of undesirable characteristics, which is followed by the projection of one's own libido on the desired object in order to maintain its magnificence.

7.2. Devaluation (also included in narcissistic defenses)

Overemphasizing negative characteristics in oneself or others. It is on the other side in relation to idealization, and it is quite normal in childhood. If the developmental stages are violently interrupted in children (by trauma, for example), these two defense mechanisms can continue to exist at a later age. Otto Krenberg (1975) came up with the proposal that idealization is both an adaptive mechanism and a defense mechanism. This process also happens in the opposite direction, if the person has a problem with the constancy of the desired object. If idealization and devaluation are combined, this may be related to borderline personality disorder.

7.3. Omnipotence (also included in narcissistic defenses)

A person behaves as if he has super powers. A mechanism that arises due to alienation from parents, and the most obvious signs are psychological cleavage and lack of empathy. The adult continues to use this mechanism in the context of defending the ego by preventing himself from believing in himself (the sense of self is not integrated and denies the parts of the self that are weak, horrified, terrorized and vulnerable) and others. A person is not aware of their needs, but treats others as if they are necessary and therefore feels superior / omnipotent in relation to them, and the needs of others become a place where a person spends energy that then does not remain for their own needs. Such people are a frequent target of problematic people.

When a child cannot reconcile two realities (death of a parent or divorce, for example) there is a split.

Omnipotence comes from trying to defend the ego from idealization and devaluation in which the experience of oneself and others is divided into good and bad. Children / omnipotent people go to great lengths to maintain a fantasy of omnipotent control, including lying and false accusations. This behavior stems from the child's inability to

cope with the dilemma (I can't love both my parents / my parents are not able to take care of me). This defense, if not overcome, causes great suffering because it causes a denial of the fundamental emotional and psychological needs of the self.

7.4. Acting-out (it also belongs to the active defense mechanisms)

It can be seen as a defense mechanism, but also a method for obtaining useful information about the individual. Freud believed that patients were more willing to act out their feelings than to remember them, so he used an analytical approach in encouraging patients to act instead of extracting repressed feelings. After Freud, this method was extended by Otto Fenichel, who claimed that it provided the therapist with many valuable insights, while Lacan pointed out the corrective values of acting.

Acting out / "role-playing" is equally respected and challenged as a method. Children who do not have the opportunity to express their dissatisfaction differently, for example, acting. Later, adolescents use this mechanism (smoking, drug use), which can be interpreted as a cry for help due to the inability to express emotions in other ways. Criminologists believe that juvenile delinquency is an extended acting-out. Addicts' use of substances gives them a sense of control and strength, and helps them not to face fear, sadness, etc.

7.5. Projection (also included in the mechanisms of renunciation)

Is the unconscious attribution of one's own thoughts and feelings to others (Laplanche and Pontalis 1984).

Characteristics: Attributing hostile feelings or intentions or other unusual feelings to characters, adding evil traits to people, objects, animals, magical or autistic thinking, caring for protection from external threats, fear of death, injury or attack, topics of persecution, capture and escape, bizarre stories or topics.

The more a person avoids admitting to himself that his thoughts and feelings are at stake, the more he attributes them to others. Other psychological processes have emerged from projection as a defense mechanism, but some tests have also been developed:

1. A person projects an answer that is harmonized with his understanding of the environment, his own emotions, intentions, motives.

2. A person projects a significant figure from his life onto someone else (transfer according to Freud).
3. The person identifies with the characters from the movies / series.
4. A person projects on other traits that he does not like in himself.
5. The effect of false consensus - the assumption that others think, feel or do the same as us.

Freud dealt with projection, but did not recognize its generally accepted definition. Newman et al (1997) believe that projection occurs when a person recognizes in others his or her own, unacceptable traits. (Goleman 2007) the projection ignores the inner world of the other person. He tried to connect projection and empathy in such a way that when we are empathetic, we project our qualities onto the other. Jung (1978) believes that projection is the ejection of one's own content to the outside world. That content can be both positive and negative, and when you recognize your own re-creation of others - relationships change.

The topic of projection and many tests have been addressed by Newman, Deff, Baumaster 1996, and it has been established through various tests that projection is stronger in pushers than in non-pushers. Defensive people tend to deny their own shortcomings, and their effort to avoid thoughts of their own shortcomings is accompanied by an increased tendency to see other people have those same shortcomings (Newman et al. 1996).

The effect of false consensus was first described by Ross, Greenee, and House (1977), while Karen Horney (1939) observed that it was a naive assumption that people were similar to us in the way, "Others do, too." "Everyone cheats." At the root of the false consensus effect lies cognitive or motivational bias. Characteristic of this effect is that, unlike other projective mechanisms, it is more related to positive than negative aspects.

Modern psychologists perceive the projection as excessive sensitivity to our negative traits that we see in other people.

7.6. Identification

It is based on Freud's concept of psychological projection. The role of identification is of a developmental and defensive nature. Developmental in a way that the child identifies with a figure, usually a parent. Defensive character comes from the need for a person to avoid injury by identifying with successful individuals or groups. Characteristics are: Imitation of skills, imitation of traits, qualities or attitudes, control of motives or behavior, self-evaluation through affiliation, work - delaying pleasure, distribution of roles and moralizing.

Anna Freud believed that identification participates in the construction of the superego, in a way that, with its help, suppresses the needs of ID. She paid special attention to the identification with the aggressor.

Identification is divided into four different forms:

1. Primary - develops in the first year of life when the child has no difference between the parent and him.
2. Secondary - reducing the enmity between me and the object.
3. Projective identification: a person imagines a part of himself outside himself, and in another object he thus has the impression that he has control over the object, which causes him to feel less powerless.
4. Introjective identification: when a person imagines that an object that is outside of him is actually in it.

Identifications can be various: gender identification, identification with a group (Identification with a group is necessary because it strongly affects the development of an individual's personality. Identification with parents, with a loved one, lost object, identification with guilt and identification with the aggressor Kondić-Beloš and Levkov (1989) Erikson (2008) argues that too strong identification with the wrong groups or popular personalities negatively affects personality development.

7.7. Introjection

It is a matter of symbolically bringing an external object into oneself, but not changing the self. It can be a defense mechanism in itself but also part of identification and projective identification. A person brings the ideas, voice or behavior of another person into himself and it is most often the subject that the person perceives as an authority, say a parent.

Introjection is the opposite of projection in which one's own feelings and behaviors are projected onto another person. In the introjection, a person (often a child) adopts the behaviors and beliefs of another person (often a parent) so strongly that he can no longer discern the difference between him and his parents care and facility. Introjection is not when a person, after careful consideration and analysis, adopts the ideas and behaviors of other people. Introjection is when it happens without thinking. It can include feelings, ideas, behaviors, beliefs, attitudes, perceptions, etc.

Freud argued that introjection is a mature defense mechanism used by psychologically healthy people. Other experts claim that introjection helps the child to cope more easily with a parent who is absent or inaccessible, in such a way that if the child absorbs the characteristics of the parent, the parent would be "there" even though he is not physically present. Maria Torok emphasized that in unsuccessful grief, the impotence of the introjection process (gradual, slow, hard, mediated, effective)

means that incorporation is the only choice: fantastic, immediate, instantaneous, magical, sometimes hallucinatory.

Sandor Ferentzi (1912) says that introjection is an extension of autoerotic interests that expands the ego by including external objects in its composition (Wikipedia).

Introjection can lead to positive or negative effects. Positive ones such as: compassion, loyalty, morals, courage, strength to deal with negative emotions, etc. Negatives such as feelings of worthlessness, guilt, fear, inability to express emotions, lack of self-confidence, etc. Negative introjection can be part of abuse. A person who has been abused may, in extreme cases, turn from an abused person into an abuser by adopting the behavior of another object.

7.8. Hypochondriasis (hypochondria)

Unacceptable feelings towards others are projected into negative feelings towards oneself in the form of illness. The person feels the symptoms of the disease, without any evidence of the existence of the disease. Hypochondriasis persists even when the subject is examined in detail and no symptoms of the disease are found. ICD-10 (International Classification of Disease) characterizes hypochondria as a mental disorder and a behavioral disorder. DSM-5 characterizes hypochondriasis as a somatic disorder or illness anxiety disorder.

Hypochondriasis may exist beyond defense mechanisms. In that case, it is often accompanied by other mental disorders such as: bipolar personality disorder, clinical depression, obsessive-compulsive disorder, phobias, somatic disorders and general anxiety disorder. However, it can be used as a defense mechanism to reduce anxiety, i.e. to get rid of something that strongly incites anxiety. For example, if a person focuses heavily on physical symptoms and the ways in which they manifest, and deals with them, it can help him experience the relief that comes from being dissatisfied with his life (Vladan Starčević, 2004).

7.9. Somatization

Expression of symptoms at the bodily level, i.e. the person shows symptoms of some disease even though there is no organic damage. Mental trouble is expressed in the form of physical and organic symptoms, so seek medical help for them, and seek medical help for them. The concept of somatization was introduced by Wilhelm Stekel in 1924.

Somatization may be associated with mental states of anxiety and depression (affective disorder). In the context of ego defense, somatization is the unconscious

redirection of repressed emotions into somatic symptoms as a form of symbolic communication (organ language). Children from families in which a lot of attention is paid to physical complaints, will later use somatization as a defense in life.

Although somatization has been included in the DSM-IV, and the World Health Organization (WHO) has classified them in the ICD-10, despite extensive research over the past 20 years, researchers are still confused by somatoform disorders.

7.10. Projective identification (belongs to both borderline and active defense mechanisms)

A person imagines a part of himself outside himself, and in another object he thus has the impression that he has control over the object, which makes him feel less powerless.

Projective identification has not only the property of a defense mechanism, but also communication, change, maintaining relationships, etc. It takes place in three phases (Ogden (1979), according to Gabbard, 2000)

1. The client projects a self or object representation on the object.
2. Projective counter-identification occurs in the process of counter-transfer, when the object is identified with the attributed projected representation.
3. Then comes the phase of reintroduction in which the therapist returns to the client the psychologically processed and modified previously projected content.

In the context of defense mechanisms, it is closely related to separation and in a non-therapeutic sense may result in an inadequate pattern of connecting with others as a result of unprocessed projected content. Projection, introjection, denial can also be a part of this mechanism.

Example: (Kolenović-Đapo J., Saša Drače, Nina Hadžiahmetović, 2015) Imagine a relationship between a young man and a girl in which a girl does not accept that a young man has his free time spent alone. In case of separation, "Good young man" is a young man present, "Bad young man" is an absent young man. The girl uses projective identification because she can't reconcile those two images in the way: "You're not a good enough young man, because you're not with me all the time." If counter-identification occurs, the young man could identify with the projected through accepting that he is not present enough, which could trigger unresolved conflicts. Reintroduction is in the statement that a young man should really spend more time with a girl, so that she can activate only a "good" image of him and only on them is based their relationship. The outcome of projective identification may also depend on the reaction of the environment to which the projection was made.

Grotstein (2000) argues that projection and projective identification cannot be separated, Ogden and Kernberg (2000) argue that these mechanisms are separated because projection includes objects we have never come in contact with (paranoia), while projective identification transforms an object with projection.

7.11. Passive aggression

Since a person is afraid of direct confrontation and the consequences it will cause, he is too anxious for direct confrontation, and uses passive aggression, i.e. indirect confrontation to oppose. In that case, aggression is expressed indirectly and unobtrusively. Let's say that instead of expressing hostility and resistance towards someone, one agrees with him.

Passive aggression includes various behaviors in which resistance to someone or something is expressed: delay, failure, procrastination, apathy, illness, but also inappropriate and provocative behavior in order to attract someone's attention.

7.12. Parsing

A person completely separates opposing emotional states. Opposite (own and other people's) positive and negative qualities are not integrated into a single whole, and as divided feelings cannot be experienced at the same time, balanced opinions and expectations of oneself and others are therefore excluded from emotional consciousness. A person experiences everything in black and white, good and bad, etc.

7.13. Thinking through desires

Forming beliefs and making decisions based on what would be pleasant to imagine, not on evidence, rationality, or reality. Some psychologists claim that this has a positive effect, in a way that the person's behavior will change due to this kind of thinking and that the result will be good. This is also known as the Pygmalion effect.

Christopher Booker described the desired thinking as the Fantasy Cycle:

1. Dream phase: when we go into an action that is unconsciously driven by desires, it may seem that everything is going well for a while. This is also called the sleep phase.

2. The phase of frustration occurs when this fabrication does not reconcile with reality. This puts even more pressure on the fantasy to hold on.

3. Phases of the nightmare because everything goes wrong, culminating in full exposure of reality, when the fantasy finally falls apart.

Unrealistic optimism is a display of this, when a person thinks that the outcome will be better than possible.

Desire can cause blindness to the real consequences, and this results in a phenomenon called desired vision. Balcetis and Dunning (2012) have made great contributions to the study of this phenomenon, as have Bastardi, Uhlmann, and Ross (2011) and Changizi and Hall (2001), Bastardi and Dale (2007).

Jerome Bruner and Cecile Goodman (as part of New Look Psychology, which was later abandoned) conducted research on children in 1947, which found that if we lack something, we see it as quantitatively still present or perceive it as larger / larger than it really is. On the other hand, when we are afraid of something - we see it as closer than it actually is. Some people see things they want based on their feelings and personalities.

There are three different stages in cognitive processing in which perceived desires can occur:

1. Paying attention to signs and ignoring contradictory evidence
2. Analyzing signs that support the desire, its selective interpretation, attributing importance to the sign.
3. Forming a response to a sign.

7.14. Fantasizing (schizophrenic fantasy / autistic fantasy) (Also included in mechanisms of renunciation)

Daydreaming and imagination. When a person cannot realize something in reality, he seeks a solution in his imagination. Fantasizing also includes remembering previous events. Fantasizing is preceded by denial. It is often interpreted by people as waking dreams. Anna Freud claims that fantasizing is a normal developmental stage in children who replace unpleasant situations with imagination or fantasizing helps them play. To a lesser extent, fantasizing is useful because it helps a person get rid of anxiety. To a greater extent, the person is separated from reality.

Jung was most concerned with fantasies and he gave them a broader role than defense mechanisms. In the context of the defense mechanism, he called fantasizing passive fantasizing, which meant releasing unconscious contents into consciousness. On the other hand, there is an active fantasy that leads to creativity, which is especially useful for scientists, artists, etc. Jung also distinguishes between individual fantasies intended to suppress and fantasies that come from the collective unconscious.

7.15. Denial

(Belongs to both the pathological mechanisms and the neurotics mechanisms, according to Wikipedia)

Also belongs to the immature defense mechanisms and functions on a conscious level.

Kernberg (1975) says that denial is a higher level of denial that belongs to neurotic defense mechanisms. Specific to denial is that it is not used in all situations where it would be possible to use it but only in situations that we perceive as dangerous to self-esteem and self.

Omission of main characters or objects, misperception, reversal, statements of denial, denial of reality, excessive exaggeration of the positive and downplaying of the negative, unexpected kindness, optimism, positive attitude or gentleness (Wyer and Frey, 1983; Schlenker, Weigold, & Hallam, 1990; Pyszczynski, Greenberg, & Holt, 1985; according to Baumeister et al., 1998). But it is not yet known how much and to what extent.

Laplanche and Pontalis (1992) say that in addition to negation in denial, they also renounce something. Cramer (1991 and 2006) argues that denial is an interpretation of events in a way that is more acceptable, and therefore the person blames his or her thoughts. He says that there are several types of denial: fantasy, negation, ridicule, belittling, exaggeration, etc.

Allport (1961) argues that denial is a form of repression that serves to make a person cope better with events that do not coincide with his or her lifestyle. The idea is to avoid the negative consequences of reality. Denial does not have to refer only to the person "interpreting" it but also to external objects (eg denial that a woman is cheating on someone (Atkinson et al. 1983), and can also be an extreme-phantom limb (Maltby et al. 1983). Denial is often used in everyday life, but it is not completely effective in suppressing negative emotions (Carver and Scheier 1994). Denial is the first mechanism to occur after the diagnosis of severe disease (Cubler and Ross's, 1969), and has the best effect in suppressing trauma (Janoff-Bulman (1992, Baumeister et al., 1998)).

7.16. Refusal of assistance and complaining / nagging (Also included in active defense mechanisms)

Refusal to help and complaining include the need to achieve harmony or control over others. People with antisocial personality disorder tend to use this mechanism to manipulate others to satisfy their desires. People with histrionic personality disorder

need to be the center of attention, and people with narcissistic personality disorder have inflated self-importance, hypersensitivity to criticism, and a sense that they have a right to complain about others. Social psychologists view complaining and refusing help as a means to achieve goals and achieve social or personal gains. Also, this mechanism helps an individual not to meet the requirements of others.

Another advantage is that a person is often rewarded when he uses this mechanism, just as he has various benefits from his authority. Since people have a need to belong, this mechanism can allow them to be approved by others (Solomon Asch).

If a person uses three mechanisms too much: denial, fantasy and identification in adulthood, he remains infantile (since these three defense mechanisms belong to immature mechanisms) and has a problem maintaining relationships with people. These three mechanisms are good as first aid and are effective in the short term, but in the long run they prevent people from socially adjusting.

CHAPTER 8.

8. NEUROTIC DEFENSE MECHANISMS

As their name suggests, these defenses are primarily present in people with neurotic symptoms. They are big consumers of energy, which would mean that when energy is spent on them, there is not enough energy left to use for more constructive things. Their purpose is present in the daily functioning of all people (since we are all prone to neuroses), but they have found different places in human existence.

Negation has a role in the protection of mental health and is most present in early development, i.e. while we are children, while Reactive Formation has a place in personality psychology and social psychology and is considered one of the strategies of self-presentation (a child usually develops it in the second year when dirt changes for purity) in order to better match reality with the inner world. These defense mechanisms are most common in childhood and decline with maturity but not to the end. At the root of these mechanisms is repression, so that people are divided into repressors and non-repressors depending on which mechanisms they predominantly use.

Karen Horney (1885 - 1952) believed that neurotic defenses do not solve the problems and difficulties that an individual faces, but help him to create apparent harmony, as well as that they serve to protect self-esteem.

Defenses in neurosis are more focused on repression than on separation (G and R. Blanck, 1985). Suppression still retains the backward infantile instinctual demands, but needs that cannot be met can be suppressed without undue stress. In the normal ego,

the demands that come from the superego, ego-ideals, and ego-goals are aligned with the outside world and instinctual needs (G and R. Blanck, 1985).

Neurotic defense mechanisms are divided into primary and secondary.

Primary are: Repression, Reactive Formation, Intellectualization, Denial, Pseudo-Altruism, Relocation, Dissociation, Isolation, Regression, Cancellation, Social Comparisons, Withdrawal.

Secondary (identified by Karen Horney 1945) are: Blind spots, Rationalization, Excessive self-control, Cynicism, Rigid correctness and Elusiveness, Accuracy.

Horney's primary defense mechanisms include withdrawal (movement from people), power (movement against people), attachment (movement toward people), and submissiveness / obedience.

8.1. Repression (suppression)

As we have said, Freud was the first to incorporate it into psychological practice, but before him, Nietzsche and Dostoevsky spoke about repression. Johan Herbart (1816-1891) mentioned repression in psychological theory, but as a conscious choice. It is now known that repression can be both a conscious and an unconscious reaction.

Repression is the first defense mechanism that arises when we are children, but since it fails to cover all our needs for ego defense, others develop later. The advantage of repression is that it reduces anxiety, while its disadvantage is that a lot of psychic energy is spent on repression and other, constructive actions cannot be performed. Not all people suppress negative events, thoughts, actions, so people are divided into repressors and non-repressors. According to Horney (1992), repression is not a matter of choice, as it takes place beyond the level of the conscious.

Zeigarnik (1927) created the Zeigarnik effect, which provided repression with a place in theories of forgetting (tasks that a person failed to solve will be kept in mind, instead of tasks that have been successfully solved)

Lyborsky and Spence (1978) have shown that current memory loss is more related to emotionally charged than neutral topics.

It has been proven that repression has to do with cultural factors and that the more restrictive a society is, the greater the repression in it. Freud and his colleague Josef Breuer used hypnosis, regression and free associations in an attempt to awaken the repressed.

8.2. Reactive formation

Reacting contrary to what we feel at that moment. It is considered more conscious than unconscious defense. It is a defense mechanism in which emotions and impulses that cause anxiety or are unacceptable to us, we overcome by exaggerating the opposite tendency.

According to Freud, reactive formation has to do with the conflict between id, ego and superego. The original desire comes from an id who has sexual or aggressive urges, and the task of the ego and superego is to form a more acceptable reaction.

Fulgosi (1994) reactive formation has two phases:

1. suppression of undesirable impulses
2. manifestation of more acceptable impulses.

Reactive formation depends on the hypothesis that instincts and their derivatives can be arranged as pairs of opposites: life versus death, construction versus destruction, action versus passivity, domination versus obedience, and so on. When one of the instincts creates anxiety by putting pressure on the ego either directly or through the superego, the ego may try to deflect the offensive urge by concentrating on its opposite. For example, if a feeling of hatred towards another person causes anxiety, the ego can facilitate the flow of love in order to cover up hostility (Wikipedia). The original impulse is only rejected, but it does not disappear but survives.

Reactive formation is a defense mechanism that is the most difficult to understand because it is ubiquitous and difficult to spot.

- Phobia is an example of reactive formation because a person actually wants what he is afraid of. He is not afraid of the object, he is afraid of the desire for the object.

- Stockholm Syndrome is another example: a hostage or abduction victim 'falls in love' with a person who has complete power over him, out of fear and hatred.

This mechanism is associated with obsessive neuroses, or more precisely, they arise from them. When this mechanism is overused, especially during ego formation, it can become a permanent trait (Wikipedia). This is often seen in people with obsessive character and obsessive personality disorders.

** Research (Adams, Wright, & Lohr, 1996) found that homophobic men were most sexually aroused after being exposed to videos showing the relationship between homosexuals. This proves that it is a defense mechanism that serves to protect our position on ourselves.*

8.3. Intellectualization (also belongs to obsessive defenses)

A person emotionally separates himself from problems by "moving away" and behaving cold-bloodedly or neutrally. Practically, a person avoids unpleasant emotions and focuses on pure logic. Intellectualization enables a person to deal with the situation rationally, but it can also cause the suppression of feelings that need to be acknowledged in order to move on.

Rationalization and intellectualization are often confused in literature, but in rationalization one does not try to avoid emotional response but seeks more acceptable reasons instead of things, while in intellectualization affects and emotions are neutralized (Laplanche and Ponatlis, 1992). This defense mechanism is good in the short term, but not in the long term. People who work in occupations related to difficult emotions often use this defense mechanism (doctors, social workers, medical staff, psychologists, etc.) (Atkinson et al. 1988). However, excessive use of this mechanism can lead to people excluding the normal emotional experiences they have in their regular life.

Anna Freud devoted one chapter of her book *Ego and the Mechanisms of Defense* (1937) to "Intellectualization in Puberty." She saw the intellectual and philosophical approach as a relatively normal attempt to overcome adolescent urges and believed that only mental life "should be considered pathological.

Example: Jargon is often used as a means of intellectualization. Using complex terminology, the focus is on words and finer definitions, not human effects (Wikipedia)

8.4. Denial (as a neurotic defense mechanism)

Refusing to acknowledge that the situation is as it is and that the facts are as they are (Larsen and Buss, 2005). It is a simple defense mechanism and more related to infantile people, and it takes place in such a way that we do not recognize what we do not like in reality. The theory of denial was first seriously researched by Anna Freud. A. Freud (1936) claims that it is applied in situations when reality has not resulted in success. Denial requires a distortion of reality and often ends in a so-called dead end. Deniers often stay in a fictional world that has little to do with reality. Elisabeth Kübler-Ross used denial as the first of five stages in the psychology of a dying patient, and the idea was extended to survivors' reactions to the news of death.

Many modern psychoanalysts treat denial as the first phase of a coping cycle, while a person accumulates emotional resources to fully cope with the trauma. Once confronted, a person copes with trauma in a phase that is alternately called acceptance or enlightenment, depending on the extent of the problem and the

therapist's school of thought. After this phase, once he has had enough fun, the trauma must sink again from full conscious awareness. Omitted from the conscious mind, the process of sublimation involves a balance of neither complete forgetfulness nor complete memory. This allows the trauma to reappear in the consciousness. Sublimation can begin the process of complete resolution, where the trauma finally sinks into complete oblivion. Occasionally this whole cycle is called denial in modern language, confusing the complete cycle with only one of its phases (Wikipedia)

Denial is especially characteristic of mania, hypomania, and people with bipolar affective disorder in the manic phase.

8.5. Pseudoaltruism

It is practiced by people who have a problem with suppressed anger and differs from true altruism which comes from the desire to help. Seeling and Rosof (2010) claim that this is the result of internal conflicts that contain sadomasochistic components. There is no real satisfaction in it when someone succeeds in something, but there is aggression, envy, the need for self-torture, grief, the need to be a victim... The motivation for this mechanism is that other people think we are good, but also to get from other people service in return.

There is a faction that studies this mechanism and claims that altruism does not exist as such, but that it is always a matter of pseudo-altruism, because an altruistic person always benefits. The motivation of the benefactors are

1. or obvious as in reciprocal theories, theories of evolution, etc.
2. or disguised as in justice, prosocial theories, etc.

In this theory, the focus is obviously on the secondary benefit of the altruist. Evolutionary theorists see altruism as an effort of social exchange, so scientists conclude that most altruism is associated with pseudo-altruism.

Psychology sees altruism as part of self-promotion, which puts it in pseudo-altruistic behavior, but people who have a low level of selfishness will think more about the well-being of others and how to do something to help others, even if it is risky for them.

8.6. Displacement

Moving feelings about something or reactions to something from one object to another (usually less threatening). This mechanism is used in such a way that a person replaces sexual or aggressive urges with more acceptable or less threatening behaviors. Emotions are redirected to a safer object, that is. they separate from the real

object and redirect to something that is less dangerous or threatening, all in an attempt to avoid directly confronting something that frightens or is uncomfortable.

The concept of displacement originated with Sigmund Freud, and Otto Fenichel held that " displacement depends on the nature of the instincts that are rejected." Eric Berne linked displacement to sublimation in such a way that the target and the object are partially replaced by the biological target and the object. Aggressive instinct - known as *mortido* - can be suppressed just as much as libidinal - sexual urge and turned into business or athletic competition, hunting, etc.

Types of displacement:

1. Moving an object: Feelings associated with one person are transferred to another person. Example: A man who had a bad day at work comes home and yells at his wife and children

2. Shifting attribution: a characteristic that one perceives in oneself but seems unacceptable, instead attributed to another person. Example: Your own desires are replaced by God's will.

3. Body movements: genital sensation can be felt in the mouth (upward movement) or oral sensation in the genitals (downward movement). Example: Sexual attraction to the human body can be shifted in sexual fetishism, sometimes to a specific part of the body like the feet, or sometimes to an inanimate fetish object.

4. Moving or suppressing phobias: People were able to express specific unconscious needs through phobias.

5. Forming a reaction: More acceptable behaviors are used to compensate for unacceptable feelings or nervousness. Example: Anger or haste turns into tolerance and patience.

8.7. Dissociation

A breakdown in usually integrated functions of consciousness, memory or perceptions of self or environment or sensory or motor functioning. The dissociation mechanism allows us to replace painful ideas and feelings with more pleasant ones. Unlike other immature defenses, dissociation distorts human feelings, not human reality. It is an emotional separation from the immediate environment to a more difficult separation from physical and emotional experiences (Wikipedia). The main characteristic of all dissociative phenomena includes separation from reality, and not the loss of reality as in psychosis.

A person copes with emotional pain / trauma / stress by losing normal self-awareness and practically separating himself from his body (depersonalization) and the environment (derealization). Both forms of dissociation can come from trauma, and it is considered a defense mechanism. In these ways, the stressor is brought out of consciousness.

Dissociation can turn into amnesia or an unstable self-perception - as if there are two people in one body. Bernstein and Putnam (1982) describe dissociation as a lack of normal integration of thoughts, feelings, and experiences into consciousness and memory.

The French psychologist Pierre Janet (1859–1947) introduced the concept of dissociation into psychology, while Freud placed dissociation in defense mechanisms. Pierre Janet did not consider dissociation as a defense mechanism but as a mental and cognitive deficit. Carl Jung described the pathological manifestations of dissociation as special or extreme cases of normal work of the psyche.

According to the DSM-5, dissociation-related phenomena are characterized as a group of disorders and are believed to be associated with neurobiological mechanisms, trauma, anxiety, and psychoactive drugs. In recent years, dissociation has become topical again as knowledge about posttraumatic stress disorder (PTSD) as well as dissociative identity disorder (DID). Eugen Bleuler is a dissociation associated with schizophrenia.

Forms of dissociation are:

- Dissociative amnesia - a person cannot remember the details of a traumatic event, but is aware that he has lost his memory.
- Dissociative fugue - a person suddenly cannot remember who he is and has no memory of his past. She is not aware that she has experienced memory loss and can invent a new identity.
- Depersonalization - the feeling that a person has separated from his body and disconnected from his self
- Dissociative identity disorder - involves the existence of two or more persons in the same person. When under stress, a person can change his personality without being aware of it and remembering it.
- Derealization - when a person's environment and surroundings seem unrealistic.

8.8. Isolation or affect (also belongs to obsessive defenses)

It is a mental process in which a negative event is separated from thoughts and feelings. A person is cognitively aware of an idea, but the thoughts and feelings that were originally associated with it are separate.

Avoid expressing emotions that are related to a certain person, event or idea. It was first described by Sigmund Freud. It is related to repression (repression) and is expressed in many different ways (Wikipedia). People protect themselves from negative events by mentally isolating them by making them superficial, irrelevant, they do not

delve into thinking about them. Another option is to replace negative information with happier ones in order to minimize the impact. In this way, negative information is less remembered and less hurts self-esteem and self-image. Isolation is used not only to reduce the emotional stress of the current negative event, but also on memories and recollections.

People who use this defense mechanism can talk about events, other people and memories that are painful, but they do not experience what they are talking about emotionally. Ordinary repressors have been shown to have fewer unhappy memories than other people. Repressors have bad memories like everyone else, but they suffer less because they are relatively isolated in their memories. Alternatives are denial, sublimation, projection, etc. and so seen, repression is a better defense mechanism.

8.9. Regression

Going back to places where we were more comfortable and emotionally acceptable.

Regressive behavior does not have to be negative but can provide a person with the driving force to move forward. According to Jung, regression is a return to the collective unconscious and a return to childhood and that just as one can easily slip from adulthood to childhood, one can also easily slip all the way to archaic levels from which we can then draw strength, ideas and knowledge of our ancestors. The reasons for entering regression are different, from frustration to satisfaction.

According to Laplanche and Pontalis (1984), regression is accompanied by fixation. Fixation is something that has been established, so regression would be a return to things that were previously determined. Regression can have positive and negative consequences (Hark 1998) We find the positive in Freud's ID concept, which works only on the principle of aggression and pleasure (he is childish), and the negative in the splitting of personality.

Freud distinguished three types of regression (Laplanche and Pontalis, 1984):

1. Topic - poorly developed psychic apparatus, most pronounced in sleep.
2. Temporal - has to do with developmental stages
3. Formal - behaviors or phenomena in which the secondary thought process shifts to the primary.

8.10. Undoing (also included in obsessive defenses)

A defense mechanism in which a person tries to undo or remove an unhealthy, destructive or otherwise threatening thought or action by engaging in the opposite

behavior. For example, a person wants to be violent towards someone, but opts for kindness. It also tries to change the past in some way to avoid or pretend the disappearance of trouble or misfortune.

It was first identified as a defense mechanism by Sigmund Freud, and later further developed by his daughter Anna Freud. George Eman Vaillant placed undoing among neurotic defenses in his hierarchy of defense mechanisms.

Studies have shown that positive emotions (happiness, joy, enjoyment, etc.) can be used to "correct" or "undo" the effects of negative emotions (sadness, anxiety, anger, etc.). Barbara Fredrickson and Robert Levenson hypothesized on annulment. Basically, what the hypothesis says is that people can retain the effects of their positive emotions to balance the effects of their negative emotions.

8.11. Social comparison

Originally proposed by social psychologist Leon Festinger in 1954. An individual assesses his own opinions and abilities by comparing himself with others in order to reduce uncertainty in these domains and to learn to define himself (Wikipedia). Social status, social affiliation, competence, etc. are compared, and the media have contributed to this mechanism by giving people even greater reach in social comparisons (Jones, 2001).

Self-esteem is one of the functions of social comparison according to Thorton and Arrowood. An individual chooses for the purpose of comparing a person similar to himself, more precisely someone with whom he shares similar characteristics. This form of self-assessment, of course, is often not objective.

Comparison can go:

- upwards (comparison with a person better than oneself):
reduces self-esteem.
- downwards (comparison with a person worse than yourself) (Wills, 1981):
raises self-esteem.

However, the comparison above can be used in another way, to make a person believe that he is part of the elite by emphasizing the similarity between himself and his superiors / elites. They can also distort or ignore true information about themselves in order to improve their self-image and maintain their self-esteem.

Another option is for an individual to diminish the similarity with the target, if he thinks that the "target" beats him in some area, even though they are actually people with similar characteristics. Leon Festinger called this a reduction in cognitive dissonance. The cognitive representation of the other person with whom he is being compared changes so that his own belief in himself remains intact. This effectively leads to a comparison of apples with oranges or psychological denial.

From this mechanism, self-improvement / self-affirmation can emerge as one of the motives for self-evaluation with self-assessment, self-proof, self-improvement, self-verification.

- People with high self-esteem in the case of using this mechanism were more motivated.

- People with low self-esteem are more compared to people who are lower than them, in order to improve their mood. However, the mood does not improve as much as it would improve if self-esteem were raised, but this comparison at least gives them hope and motivation for the future.

- Both bad and good-natured individuals, regardless of high or low self-esteem, improve or raise their mood by comparing upwards (with people better than themselves), unless they have recently experienced a threat.

- It is indicative that from the moment when the ego threat is experienced, it also depends on whether we will compare ourselves with those who are lower or higher than ourselves.

Festinger's hypotheses of social comparisons:

1. It is a basic instinct to evaluate one's opinions and abilities
2. If the basic means of comparison are not available - individuals are compared to other people
3. If the difference between the comparator and the compared one is large, the need for comparison is reduced.
4. It's about our abilities - let's compare ourselves up ("I'm doing better!")
5. If there are restrictions, the individual rejects them
6. The cessation of comparison with a person is accompanied by hostility
7. The more valuable a group is to us, the greater the need to fit in and match our opinion with that group.
8. If individuals differ in attributes that are consistent with divergence, the tendency to narrow the range of comparability becomes stronger.
9. If opinions in the group differ, those who are closer to the way of working will have a stronger tendency to change the positions of others, and a weaker tendency to change their own opinion.

8.12. Withdrawal (avoiding experiences)

Trying to avoid thoughts, feelings, memories, physical feelings, and other inner experiences - even when it does harm in the long run. It is considered that the usual and permanent unwillingness to experience unpleasant thoughts and feelings is related to a wide range of problems (Wikipedia).

Gestalt theory underscores the benefits of full awareness and openness to the whole experience. Traditional behavioral therapy uses potentiated exposure to help the patient become accustomed to different types of fears and anxieties, which ultimately leads to a significant reduction in psychopathology. In cognitive theory, avoidance interferes with the re-evaluation of negative thought patterns and patterns, thus perpetuating distorted beliefs. These distorted beliefs sustain many types of psychopathologies.

Types of avoidance:

- We avoid accidents: avoiding is often only a temporary solution.
- We avoid discomfort: anxiety and worry are easier to bear with avoidance.
- Avoidance often requires effort and energy.
- Avoidance limits one's focus at the expense of fully experiencing what is happening in the present.
- It can stand in the way of other important, valued aspects of life.

CHAPTER 9.

9. EXTENDED / SECONDARY NEUROTIC DEFENSE MECHANISMS KAREN HORNEY

Karen Hornay (1945) described defense mechanisms as "an auxiliary way to achieve artificial harmony". She believed that all defense mechanisms contain elements of self-deception and serve to protect self-esteem (Maltby et al., 2010). Although she agreed with the work of Sigmund and Anne Freud, she felt that neurotic people needed additional defense mechanisms for the reason that when the development of the true Self is stopped, a process called self-idealization must take place. This process fills in the gaps in a person's current life or you: people use these mechanisms to develop an exclusive experience of their own self (idealized self) that distances them from the real self. The idealized self is nothing but a self-illusion (Hornayeva, 1939). By using secondary defenses, these individuals project their feelings and shortcomings onto others.

9.1. Blind spots

Lack of awareness of something that comes from being aware that emotions will be painful. In social psychology, blind spots are shown in the Johari window.

The psychological functions that create "blind spots" got their name through psychoanalysis in the work "Defense Mechanisms" (Anna Freud, 1936). These are the characteristics of our personality that are hidden from ourselves. Blind spots help us not to feel emotions such as fear or disappointment. A person is not aware of the difference between what he believes in and what he does.

Leon Festinger, a social psychologist, specifically addressed this problem with his theory of cognitive dissonance (1957; German 1978) arguing that all people can develop blind spots - depending on the situation and the situation. Defense mechanisms also have a valuable protective function for the psyche and should not be negatively assessed from the outset.

Emily Pronin and Matthew Kugler dealt with this topic and concluded that when people should evaluate other people's behavior, they should evaluate it without hesitation as something done intentionally, while they evaluate their behavior by taking into account their emotions, habits, etc. Other people sin intentionally or because they are negative (stupid, evil, incompetent) while we sin with the best of intentions or accidentally. Pronin even claims that this defense mechanism is intended to prevent unnecessary conflicts. The problem with this mechanism is that it prevents us from growing and progressing.

9.2. Rationalization **(also included in neurotic, immature and renunciation mechanisms)**

She is called the queen of defense mechanisms. The person is trying to find excuses or excuses for the actions and events he has taken. The excuses are pretty rational. It is about looking for other reasons that will replace the real reasons for failure, so that the person will distort the content, adapt it to himself and remember it differently than what really happened.

This term was first introduced into psychoanalysis by Ernest Jones in 1908, while S. Freud introduced the term Rationalization in German. His follower Otto Fenichel cited several forms of rationalization. Psychoanalysts later recognized two types of rationalization: the positive, which leads to growing up and maturity, and the negative, which leads to the division of personality. The main purpose of rationalization is to avoid the difficult truth about oneself and one's actions.

It takes place in two levels:

1. Decision and action
2. Rationalization - looking for a good reason to justify the action with something rational.

This mechanism justifies unjustified behaviors, motives and ideas in order to avoid feelings such as shame, disgrace and guilt. The processes underlying this mechanism throughout history have been denoted by various names: fiction, delusion, ideology, derivation, hypocrisy, and myth (Allport, 1961).

Two forms of rationalization are known in the literature:

- Sour grapes - belittling the object of desire
- Sweet lemon - Beautifying the object we like

We attribute successes to ourselves, and failures to others.

When appropriate rational explanations disappear - rationalization occurs, or when rationalization occurs, rational explanations cease.

Zimbardo (2009) stated that honest conversation with oneself contributes to reducing the need for rationalization, and thus directly reduces the motivation to reduce cognitive dissonance.

9.3. Excessive self-control

(Maltby, Day and Macashill, 2010) emotions are kept under control and are not expressed freely. There is not much spontaneity. Control begins first consciously, and later turns into an unconscious mechanism. When a person understands what he is doing, justice is in the way: "That it is the obligation of every civilized person to control himself." (Horney 1945). Excessive self-control is actually rigid self-control at all costs. Protecting oneself from the anguish of controlling every expression of emotion. In real life, we recognize such people as puritans who maintain firm emotional control in all circumstances.

Horney listed situations that lead to anxiety (from which one wants to protect oneself at all costs): excessive admiration, injustice and discrimination, isolation from other children, lack of respect for needs, lack of leadership, lack of warmth, overprotection, parental quarrels or hostility in the house, too much or too little responsibility, unfulfilled promises. Neurotic needs can be divided into three groups (Karen Horney, 1945):

1. Needs that move you toward others: cause individuals to seek confirmation and acceptance from others. People with these needs are often described as clinging while seeking approval and love.

2. Needs that distance you from others: These neurotic needs create hostility and antisocial behavior. These people are often described as cold, indifferent and withdrawn.

3. Needs that move you against others: These neurotic needs result in hostility and the need to control other people. These people are often described as difficult, dominant and unkind.

People who have the ability to self-control have better health, finances, relationships and careers, but excessive self-control has its downsides. The temptation of emotions is prevented, regrets occur, the person may become overwhelmed and completely stop following their impulsive needs: "Am I hungry or am I just bored?", "Should I talk now, since everyone is silent?"

9.4. Cynicism

It is most often used as a defense mechanism by people who do not have their own moral standards (Maltby et al., 2010), so mocking other people's moral values is close to them. People like this think they have nothing to lose and that's why it's okay to show this aggressive kind of humor: cynicism. People who use cynicism declare themselves as neutral, i.e. reluctant to either side, good or evil. Horney (1976) argues that the cynic envies people who are honest and honorable, but also those who manage to deceive others. His main problem is that he considers himself unable to be one or the other, on either side until the end.

The cynic generally lacks faith in other people, honor, religion, manners, power, wealth, honesty, ethical, social and moral values. Sometimes it is confused with pessimism or nihilism. As a defense mechanism, it serves to preserve the ego in such a way that the person is not on either side anyway, so that nothing can be done to him - nothing can offend or hurt him.

9.5. Rigid correctness

An individual believes that only his opinion is correct. The reverse of this is called cognitive flexibility. At the root of this mechanism lies aggression, and the greater the aggression in a person, the more rigid the correctness of the expression. Rigid correctness comes from trying to avoid conflict by recognizing elements of avoidance and elusiveness. People who use this mechanism have trouble changing their minds or adjusting. Karen Horney (1945) dealt with rigidity and associated it with neuroses. The more neuroses a person has, the greater the need to control them, and desires become necessities, obligations and insistence.

Mental rigidity is often characterized by a great need for cognitive closure, which means that they prematurely attribute explanations to things with the determination that it is true, believing that their decision is as convincing as finding the truth. Also, if it would bring back uncertainty (an unpleasant feeling about them), they have no reason to reconsider their decisions and wrong attributions.

This mechanism is characterized by: Repetitive behaviors, the problem of accepting when things are not going the way the person wanted, perfectionism, compulsiveness, isolation, loneliness, obsession, depression, aggression, anxiety, disappointment, propensity to self-harm or suicide.

Rigid correctness has three different main "phases" of severity, although it does not have to be shared. The first stage is a strict perception that causes someone to persist in their attitudes. The second phase involves a motive to defend the ego. The third phase is to become a part of someone's personality and you can see that in his perception, thoughts and social interactions.

9.6. Avoidance

It is a defense mechanism that works in such a way as to avoid details and precision, that the stories are confusing and it is not entirely clear what their point is. When a person is confronted with something he said to her, because of this non-mechanism he claims that "It is not true that she said or did / said it!" which is actually true at the root, but the problem is that this mechanism, in addition to leaving chaos and misunderstandings on the outside, also leaves the same on the inside of the person. A person knows when he has done something wrong and feels guilty, but at the same time he feels hurt. We recognize people like this as the ones we can't catch by the head or the tail. Since Karen Horney (1945) put elusiveness into secondary defense mechanisms, she attributed it to neurotics and described it as follows: A person delays taking a stand or has a firm opinion on anything because in that case he cannot be wrong, and if she was not wrong, she cannot be criticized. (Maltbly et al, 2010) cite politicians as people who are inclined to use this mechanism.

9.7. Precision

Freedom from error so that a person would not be criticized. Due to their own neurotic needs, parents often dominate, neglect, overprotect, reject the child, and because they do not meet the child's needs for security and satisfaction, the child develops feelings of basic hostility towards the parents. However, children rarely openly express that hostility as anger and instead suppress their hostility towards their parents and are unaware of it. Suppressed hostility then leads to deep feelings of insecurity and a vague sense of anxiety.

Karen Horney (1950) called this condition basic anxiety, and described it as "a feeling of isolation and helplessness in a world conceived as potentially hostile."

Horney (1937) originally identified four ways in which people protect themselves from feelings of basic anxiety, feelings of being alone in a potentially hostile world.

- Affection: in search of love, some people may try to buy love through obedience, material goods or sexual services.
- Submissiveness. Neurotics can be subordinated to people or institutions such as an organization or religion, to another person, or protected by the pursuit of power, prestige, or possession.
- Power is a defense against the real or imagined hostility of others and takes the form of a tendency to dominate others.
- The fourth protective mechanism is withdrawal. Neurotics often protect themselves from underlying anxiety by developing independence from others or emotional separation from them.

CHAPTER 10.

10. PATHOLOGICAL DEFENSE MECHANISMS

These defenses do the most damage to adults. In his 1901 book, *The Psychopathology of Everyday Life*, Freud cites the existence of a continuum between normal and pathological psychological processes, arguing that healthy individuals "... suffer from the same complexes that healthy people struggle with." (Freud, 1908e, p. 210). Anna Freud (1946; 1965) sought to understand normalcy and pathology in mental development, believing that one influenced the other. She believed that the defense mechanisms had a possible "chronology". Although her development and progress were not entirely clear, it was clear to her that the same defense could be pathological or healthy, depending on the age of the individual and the circumstances.

Pathological defenses are rigid, distort reality and are associated with mental illness. One circle of theorists describes this defense as narcissistic defenses that serve to preserve the ideal image of oneself without any restrictions.

Pathological defenses first appear in childhood when the child is unable to cope with a stressful situation, so he uses avoidance, freezing or fighting (the fight starts in the second year). Fighting in children also means acting, hyperactivity and anger. If an adult continues to use these mechanisms, he will seem crazy or irrational to others, especially since they have an open psychosis at their root. In essence, there is a need in these defenses to protect the great idea of oneself.

Pathological defense mechanisms include: splitting, hallucinatory projection, avoidance, manifestation, conversion.

10.1. Splitting (also included in borderline defense mechanisms)

Splitting was first described by Ronald Fairbairn in his formulation of the theory of object relations. It begins as the child's inability to combine the fulfilling aspects of the parents (good objects) and their aspects that are not good (unsatisfactory object). In psychoanalytic theory, this functions as a defense mechanism (Wikipedia).

Corey (2004) this defense implies that a person keeps unacceptable feelings separate. In the first months of life, the baby uses this mechanism in terms of dividing the mother into good and bad. However, later the mother was united into one object. This is necessary because in this way the aggression is practically "suppressed".

This mechanism is most present in people with borderline personality type (so-called Borderline), in which it manifests itself as the separation of good and bad self - from providing libido to self to aggression towards oneself (even extreme: suicide attempts). Kernberg describes this situation as invariable and the manifestation of contradictory views. The person does not emit concern because of that and simply uses denial, divides the objects around him into Good or Bad, uses mechanisms of idealization and devaluation.

It is also found in people with narcissistic personality disorder as the main defense mechanism. Narcissists need it to maintain their self-esteem and self-image that they are worthy of admiration. In addition to this mechanism, other related mechanisms are used, such as idealizations and devaluations, which are preventive attitudes or reactions to narcissistic anger and narcissistic injury.

Anna Freud explored how, in the healthy development of childhood, the separation of the instincts of love and aggression can be avoided. After Freud, whose hypothesis refers to the splitting of one's own ego, the greatest contribution to the research of this theory was given by Melanie Klein, studying the development of children and their "splitting", i.e. dividing objects into good and bad.

10.2. Hallucinatory projection

Reality is distorted by hallucinatory fantasies and is often associated with schizophrenia. A typical representative of the hallucinatory projection is the impression of persecution. Paranoia is an instinct or thought process that is believed to be strongly influenced by anxiety or fear, often to the point of delusion and irrationality. At its center are psychoses.

Colby (1981) suggested that biases of blaming others for one's problems (harassment, threats, hurting, subjugating, persecuting, accusing, harassing, injustice, torture, belittling, etc.) serve to alleviate the distress caused by feelings of humiliation and help reject the belief that the Self guilty of such incompetence.

Paranoia (the impression of persecution) is associated with three main states:

1. Paranoid personality disorder - is considered the mildest type. Most people with paranoid personality disorder function well despite distrust of the world.
2. Delusional (paranoid) disorder - it is characterized by the dominance of a delusion (false belief) without any other signs of mental illness. A person's behavior also depends on what kind of delusion he has. If she has the impression that she is being persecuted, she will believe that others want to harm her, she may have the impression that she is being stalked, that she has a serious illness, that she is in a relationship with someone she has never met.
3. Paranoid schizophrenia - is considered the most severe type. It is characterized by strange misconceptions, such as the belief that one's thoughts are transmitted over the radio. Hallucinations are also typical for this condition

Robins & Post (1997) identified three components of paranoid cognition:

- a. suspicions without sufficient grounds for others to exploit, harm or deceive them;
- b. preoccupation with unjustified doubts about the loyalty or reliability of friends or associates;
- c. reluctance to confide in others for unjustified fears that information will be misused against them.

10.3. Avoidance

A mechanism that helps a person deal with negative feelings by avoiding them. A person avoids thoughts or feelings that are uncomfortable for him. She also avoids people, situations and places that associate her with unpleasant thoughts or feelings. An individual makes a conscious or unconscious effort to avoid facing a stressor. This can lead to drug abuse, social withdrawal and other forms of escape. If used extensively, avoidant personality disorder can occur.

Avoiding confrontation can reduce stress when nothing can be done to get rid of the stressor. It is most typically used in phobias, but delaying obligations is also one of the

forms of this defense mechanism. Avoidance can turn into refusal to socialize, use of alcohol and drugs and other forms of avoidance.

It is divided into two forms: active and passive avoidance.

- Active avoidance means that a person tries to reduce stress by alleviating the problem. It is considered the best form of stress reduction.

Active-cognitive and active-behavioral coping as methods are used as alternative techniques for coping with avoidance. Active-cognitive coping (taking positive actions after learning more about the situation). it involves changing your attitude towards a stressful event and looking for any positive effects.

- Passive avoidance means that a person refuses to be exposed to stress.

Example: due to a car accident, a person completely avoids driving.

10.4. Expression

A person is not able to control internal conflict with the help of thoughts or words, but must act in accordance with it. People who use this defense mechanism express a whole range of behaviors towards themselves or others without thinking about the consequences, instead of verbalizing or thinking about it. This mechanism is often used as a synonym for impulsiveness, criminal acts, perversion, self-harm, drug use, suicidal behavior.

Expression is described as a destructive and self-destructive mechanism.

Freud assumed that in terms of psychoanalysis, the patient needs to express his internal conflicts in order to become aware of and remember them. Therefore, the task of psychoanalysis is to help the patient, instead of remembering his conflicts, if it is difficult for him, to express his conflicts and to replace the lost parts of the memory with those expressed in the present.

10.5. Conversion

It can be seen as a disorder but also as a defense mechanism. Conversion has been studied more in the context of disorders and in DSM-5 is referred to as Conversion Disorder (CD), or functional neurological symptoms disorder. It is sometimes applied to patients who have neurological symptoms, such as numbness, blindness, paralysis, or seizures, that are inconsistent with a well-established organic cause, that cause significant trouble, and can be followed up to a psychological trigger (Wikipedia). These symptoms are thought to occur in response to stressful situations that affect a patient's mental health or a persistent mental health condition such as depression.

In the context of defense mechanisms, a person reduces anxiety by turning mental suffering into physical suffering characterized by impaired sensory and motor abilities. In this process, the person ceases to be aware of the stressor that causes psychological suffering and thus reduces anxiety. The physical symptoms a person experiences can be symbolic or dramatic, such as paralysis, convulsions, nausea, vision and hearing problems, dizziness, tactile hypersensitivity, abnormal movements and twitching, irritability, speech problems, coma-like episodes, motor problems, etc., but it is not possible to find physical reasons for such conditions. Example: people going through extreme stress, e.g. divorce can use this mechanism to avoid unpleasant thoughts and feelings.

10.6. Sexualization

Attributing the sexual component to negative events to make them more positive. It is used to remove feelings of shame, maintain self-esteem and make it easier to cope with inner emptiness. The idea is to turn some pain (sadness, panic, depression) into something more pleasant. Sexualization can be adaptive (positive) or maladaptive (negative), and it depends on the reason why the person resorted to this defense mechanism. Freud interpreted everything through sexual energy, while Mc Williams states that sexualization is possible without an external response. But any object, person or event can be sexualized.

Sexualization helps people feel more alive, e.g. if it is a fear of death or physical violence or any sad, anxious, dangerous event, because sexualization confirms life. If a person has experienced some kind of trauma as a child, it can later be erotically painted (the person associates sex with hitting, torture, beatings) and in this way a masochistic component is formed. In this case, the enjoyment of tenderness, caressing and kissing can completely disappear. For people with trauma, love is expressed in suffering (Natalia Alexandrova).

Trauma can also come from the failed connection of the child with the parents, because the child realizes that there is no love without pain, which makes it difficult to connect with people later and turn all relationships into sexual ones, because the person does not need different relationships.

Satisfaction, encouragement and the ability to manipulate can be achieved through sexualization, which makes a person feel more important, safer, more respected... In this way, one escapes from feelings of weakness.

CHAPTER 11.

11. PSYCHOTIC DEFENSES

We must consider psychotic defense mechanisms when studying severe personality disorders, bipolar disorders, paranoid patients, and patients with schizophrenic disorders.

Three psychotic defense mechanisms: delusional projection, psychotic denial, and distortion (Valliant, 1971) come from a failure to maintain a response to stressors, and from there come a break with objective reality. Such mechanisms are common in young children, in our dreams and in psychosis.

Clinical researchers and experts have identified 16 psychotic defenses, of which 6 stood out as present on all scales (Berney et al., 2009). Psychotic symptoms can be used as a defensive mode, but not all symptoms are defensive. In other words, symptoms need to be distinguished from their defensive use, which occurs in a specific context. If a psychotic symptom occurs when a person is obviously faced with a stressor that causes a defensive move, then we consider it defensive.

Psychotic defense mechanisms include: Psychotic denial of reality (denial), Autistic withdrawal, Distortion, Delusional projection, Fragmentation, Concretization.

11.1. Psychotic denial of reality / denial

A person dealing with internal or external stressors refuses to acknowledge some aspects of the reality of his experience (internal) and some aspects of external reality (physical object, life event). The person completely rejects the perceptual, ideological and emotional content of what is being denied. In the conversation, the person could completely skip the things he should mention, which is why this mechanism is difficult to recognize through interviews. In this case, other sources of information are used (e.g. content of previous psychotherapy sessions; information from the ward or family). Psychotic denial is a fundamental mechanism of psychotic defenses. Talking about the difficulties caused by a stressor causes anxiety in a person because it is necessary to include that stressor in the conversation, so she must deny its existence. The difference between ordinary (minor) denial and psychotic (major) denial is that the latter applies to both external and internal stressors, while the former applies mainly to a person's internal reality. This means that some aspects of reality are kept out of consciousness. It can be a whole part of life (denial of pregnancy, denial of death) or more limited aspects (denial of an event).

This mechanism evaluates itself when it manifests without subsequent withdrawal (autistic withdrawal), projection (delusional projection), distortion, or concretization.

11.2. Autistic withdrawal

Autistic withdrawal refers to the loss of a sense of continuity experienced. A person copes with internal and external stressors by separating himself from his environment. Stressors cause an obvious severance of contact between an individual and their perceptions or environment. This leads to loss of contact with reality and loss of the ability to react to reality. Autistic withdrawal is a defense that is mostly expressed through behavior (as opposed to action defenses). The patient may become mute during the interview or appear absent without contact.

Severe conditions, such as stupor and catatonia, cannot be assessed as psychotic defense mechanisms when they occur because it is not possible to conduct a clinical interview. However, after the patient is able to speak again but does not respond well, this can be characterized as autistic withdrawal.

The disconnect associated with autistic withdrawal can be either active (the subject is momentarily detached from his environment) or passive (the subject gets the impression that everything is moving away from him). In this case, this defense as described in the P-DMRS should generally be distinguished from the two DMRS defenses: dissociation and autistic fantasy.

A person who uses dissociation can show an altered state of consciousness (mute, become indifferent - hypnotic state, amnesic fugue). Dissociation usually occurs in a traumatic situation (as defined in the DMRS), and the main difference between these two mechanisms is that in dissociation the subject can communicate with others even if it is in an unusual and altered way.

In autistic fantasy, the subject avoids conflicts by retreating into the fantasy world instead of actively solving problems. The main difference is that in autistic withdrawal there is no scenario while in autistic fantasy there is an imaginative scenario that helps a person to be temporarily satisfied. In autistic withdrawal, a person loses contact with reality and becomes incapable of communicating with the environment.

11.3. Distortion

An individual copes with internal and external stressors by grossly changing or reshaping internal and external reality. The intention is that in reality the individual deals with things that he can control or react to more adequately. An inadequate reaction is a feeling of anxiety or anxiety caused by reality.

Distortion can manifest in three different ways:

- Excited and manic
- Depressed
- Structured (new structured reality with narrative coherence).

The subject who uses distortion wants to act in accordance with the new reality he has created. Distortion serves to turn unacceptable reality into a more bearable reality. Given the change in reality, the distortion goes beyond the narcissistic defense. Changing and reshaping reality can go so far that it becomes clear to the person that he is wrong.

Example: A patient remembers being hospitalized and is in a state of confusion. The doctor examines how he feels at that moment. Instead of remembering how things went then (which causes anxiety), the patient turns to the fact that after that hospitalization he found a divine mission to perform (sacrificing for his wife who does not believe in God, for example, but who we know cheats on him and that she could leave him). In doing so, he grossly changes both the inner reality (painful affects of what he experienced in the hospital and his current marital relationship, and fears are denied) and the outer reality (behaving according to the distorted perception of reality in which his wife is). His wife becomes a lost soul, and he is the savior.

11.4. Delusion projection (belongs to pathological defense mechanisms)

The subject copes with internal and external stressors by transferring his own needs and attitudes to an external object (individual, partial object). An individual can treat parts of his inner psychic life as a part of external reality. Unwanted urges are treated as parts of external reality and the psychic event takes the place of reality. Misconceptions about external reality are usually of a persecutory nature.

While in a smaller projection, the subject attributes his feelings, affects, or thoughts to others without anxiety; delusional projection leads to misleading construction and does not allow the subject to successfully cope with anxiety.

Example: A patient reports an uncertain financial situation, denying the fact that his pension is not enough to live on. He attributes his needs (receiving enough money) and his own potential attitude (asking for more money) to an external object (some people). This defense is a projection. When the examiner questions this statement by confronting the patient with that projection, the patient is misled. This “paranoid” delusional projection is strongly associated with the object and structured in the script.

11.5. Fragmentation

A fragmented sense of self is when an individual sees only good qualities and not bad ones, or sees all the bad ones and rejects good qualities. In fragmentation, notions of self and others, as well as the connection between them, are fragmented. Fragmentation involves multiple and complete cleavage: active and powerful cleavage (separation) of different aspects of experience. This defense can be considered an active disorganization, leading to a disorganized and confused narrative.

Freud dealt with this defense, focusing on the Oedipus complex, in an attempt to confirm the theory of the fulfillment of desires and incestuous paternalistic desires as symptoms of self-fragmentation. Incest and paternal murder are forbidden desires / desires suppressed in the unconscious, according to Freud's theory.

Suffering from psychosexual repression, schizophrenia, neurosis, delirium and paranoia has been implemented in fragmented discourses that imply repressed feelings, unfulfilled desires and unfulfilled dreams (Adel Bahroun, 2018). They form a fragmented subjectivity. The intention of the subject is to find satisfaction and redemption as well as escape from repression and psychological despair. However, achieving the desire cannot bring complete satisfaction or redemption, so it creates gaps, catching the subject in even more psychological fragmentation and disorder. The subject's unconscious desire remains an abstract desire, which is reflected in creepy images and fragmented / incoherent expressions and encrypted language.

Dissociative identity disorder is thought to be the result of identity fragmentation. Thus, patients do not have more than one personality (self-proliferation), but have less than one (fragmented self).

11.6. Concretization

In concretization, a person deals with internal or external stressors by transforming a mental representation into a specific object, situation or action. The concrete form is not a random choice, but is symbolically connected with its abstract representation. Concretization can be done in different ways:

1. A word or situation becomes a thing
2. It is considered that the external object contains a part of the subject

Active concretization is conceptually similar to psychotic denial in that the symbolic aspect of an idea, representation, or affect is denied and transformed into a concrete object, action, or situation. Unlike psychotic denial, which denies the perception of external stimuli, concretization not only uses denial, but also involves the transformation of internal mental representations into concrete ones.

Example: An interviewer investigates a patient's sense of oppression. The patient does not answer the question directly, but turns the mental representation (feeling oppressed) into a concrete situation (the story of himself as being caught and trapped in a box). As we can see in this example, a concrete shape (box) is not a random choice, but symbolically connected with its abstract representation. Concretization can lead to seemingly surprising behaviors or valuable statements that describe the current situation or how a person feels.

CHAPTER 12.

12. MEASUREMENT OF DEFENSE MECHANISMS

Defense mechanisms are of great value in understanding personality dynamics, but this is not enough if there is no way to measure them, i.e. empirical validation. If this criterion is not met, they cannot have scientific value.

Psychological defense mechanisms were mostly studied between the 1930s and 1960s, but interest in studying them has not diminished. Different authors have developed different classification criteria, which complicates the measurement process itself, but also produces invalid and inconsistent data. Given the fact that this construct is characterized as an unconscious process, its measurability is questioned: If defense mechanisms do not exist, then the construct cannot be measured, regardless of the development of the instrument (Mehlman and Slane, 1991).

The first measurement was made in 1912 by Herman Rorschach, who believed that a person would unconsciously project his fears, desires, fantasies, thoughts, conflicts, etc. onto "indeterminate" material. The disadvantage of this approach is reflected in the unreliability, lack of validity and the fact that interpretation requires a high degree of expertise and knowledge in the field of psychology.

Cramer (1991) suggested that when measuring, defense mechanisms should be distinguished from defensive behavior. Defense mechanisms are activated unconsciously but products of behavior that an individual can be aware of. Mehlman and Slane (1994) believe that regardless of the unconscious nature of this construct, each person has enough insight into their thoughts, feelings and behaviors, and can report on them. Plutchnik, Kellerman and Conte (1979, according to Mehlman and Slane, 1994: 190) justify the use of scales to assess the use of defense mechanisms and advocate it, stating that defense mechanisms can be developed on an unconscious level, but that their use does not have to remain that level.

The most accurate assessment of the defense mechanisms was obtained by an interview with an experienced trained expert with the respondent. Such interviews can be unstructured (Cramer 2003, Soldz & Vaillant 1998, Vaillant 2000) or structured, based on stories or images that the respondent analyzes or reproduces and is discussed by the interviewer (Ekehammar et al. 2005, San Martini et al. et al. 2004).

Such interviews are complex and, in order to be reliable, must be conducted by trained professionals with a lot of experience. Therefore, there is a need for simpler ways to measure the use of defense mechanisms.

The first Defensive Styles Questionnaire (DSQ), completed by respondents, was published in 1983 (Bond 2004, Bond & Perry 2004), and over the years, numerous versions of the questionnaire have emerged with varying numbers of questions, from 88 to 40.

The data according to which measurements can be performed are:

- a. self-report (S-data)
- b. observer's statement (O-data)
- c. data obtained under experimental conditions (T-data)

12.1. S-data

Obtained through self-assessment. The person measures the frequency of defenses with the help of questionnaires, interviews and measurement scales, informal assessments, diaries, storytelling techniques, etc. They are useful because we get the data directly from the person participating.

Questionnaire forms for measuring defense mechanisms have their drawbacks: subscales do not measure the same defense styles on a sample of respondents in a consistent manner, convergence between different instruments that pretend to measure the same defense mechanism is rather weak, it is possible that defense styles are not cross-situationally or temporally stable (instruments that are situationally based). DMI (may produce different results compared to non-situation-specific scales).

12.1.1. Instruments for testing defense mechanisms and collecting S - data

Inventory of Defense Mechanisms (DMI, Geser, & Ihilevich, 1969; Kwon, 1999). It consists of 10 short potentially conflicting stories. The respondent is first given the task to imagine that a certain conflict situation is happening. After that, multiple choice questions with 5 options should be answered in order to answer the conflict in 4

different areas of manifestation: current behavior, fantasy behavior, thoughts and feelings

The defense clusters measured by the DMI questionnaire include: turning against the other, projection, turning against oneself, reversal and principalization.

1. Turning against the object - dealing with one's own conflicts through an attack on an actual or imagined object of frustration (e.g. identification with the aggressor) (Kolenović-Đapo J., Sasa Drače, Nina Hadžiahmetović, 2015).

2. Projection - defenses that justify the manifestation of aggression towards an external object, after the first attribution of aggression to the object has been performed.

3. Principitalization - the inclusion of principles that help separate affect from content (intellectualization, rationalization).

4. Turning towards oneself - directing aggression towards oneself and thus dealing with conflict (masochism, auto-sadism)

5. Reversal - positive or neutral reaction to an object from which a negative reaction is expected (negation, denial, reactive formation, repression)

12.1.2. Defense style questionnaire (DSQ, 40, 60 or 80 particles)

Due to its simplicity, DSQ-40 is most often used in research on a large number of respondents. 1. (Andrews et al. 1993).

1. Respondents are offered 40/60/80 statements and they should circle the number from 1 to 9 which corresponds to how much they agree with the stated statement in the range of: Strongly Disagree - 1 to Strongly Agree - 9.

2. 2 statements (particles) describe one defense mechanism.

3. The result for each of them is calculated as the average value of the answers to these two statements.

4. Of the 20 particles, 4 describe mature, 4 neurotic and 12 immature defense mechanisms as follows:

- Mature defense mechanisms: sublimation, anticipation, humor, and suppression.
- Neurotic defense mechanisms: denial, pseudo altruism, reactive formation, and idealization.
- Immature defense mechanisms: projection, passive aggression, acting out, isolation, devaluation, autistic fantasies, denial, relocation, dissociation, parsing, rationalization, and somatization.

The result for certain styles of defense is the average value of the results of certain defense mechanisms that belong to a certain style (Vulić-Prtorić 2008). The

questionnaire has been translated into a number of languages and validated in different situations and populations.

12.1.3. The DSQ-60 (Trijsburg, Bond, & Drapeau, 2003)

Is more economical to use. The style was confirmed by both exploratory and confirmatory factor analysis, highlighting the three factors that make up the DSQ-60 (Thygesen, Drapeau, Trijsburg, Lecourse, & de Roten, 2008).

1. Image distortion style - the least mature style of confrontation and includes splitting oneself / others, projection and projective identification.
2. Style of affect control - intellectualization, dissociation, isolation and fantasy, which belongs to a moderate level of functioning.
3. Adaptive style - the most mature and it includes sublimation, humor, anticipation and self-affirmation.

12.1.4. The DSQ-40 (Andrews, Singh, & Bond, 1993)

Has shown poorer reliability but is in use. It is a self-assessment questionnaire that examines 20 defense mechanisms (2 particles for each mechanism), which are grouped in

1. Mature defensive styles - sublimation, humor, anticipation and suppression
2. Neurotic defense styles - denial, pseudo-altruism, idealization and reactive formation
3. Immature defense mechanisms - projection, passive aggression, acting out, isolation, devaluation, autistic fantasies, denial, relocation, dissociation, splitting, rationalization and somatization.

12.1.5. Handbook of Defense Mechanisms (DMM, Cramer, 1987)

Respondents are given a standard TAT (Thematic Aperception Test, Murray, 1943) with six stories to be completed, during which the answers are recorded and then transcribed. This test measures three defense mechanisms: denial, projection, and identification. This instrument has satisfactory metric characteristics.

12.2. T - data

Defense mechanisms are detected when pilots are prone to make mistakes. They are especially used for predictive purposes of pilot competence for work.

12.2.1. The Defense Mechanism Test (DMT)

Was developed in Sweden in the 1950s (Kragh, 1955). It is also used for the purpose of selecting people for stressful occupations because the defense mechanisms bind a significant amount of psychic energy that in stressful conditions ceases to be available for an adequate response to reality. It can be given individually or in groups, but only individual assignment of DMT in selection is recommended.

The delivery material consists of a tachystoscope that is specially adapted to the delivery of DMT. A cassette with 6 changing stimulus images is placed in the tachiscope and then 10 defenses are measured and evaluated as given in the manual (Meier-Civelli and Stoll, 1990). New versions of the test do not make a classification according to the categories of defense mechanisms, but natural categories (Ekehammar, Zuber and Konstenius, 2005).

In general, defense mechanisms have been shown to be stable personality traits, resistant to change within one and five years of the time span between measurements. Measurements on British samples did not give consistent results, while on Danish and Swedish they did, however, the measurements were witnessed by the scientists who conducted them. Recently, Ekehammar, Zuber, and Konstenius (2005) conducted a new study on the validity of DMT. The main dilemma they are dealing with is the possibility that the DMT is not examining defense mechanisms at all. The DMT score has very little correlation with other measures of defense mechanisms (DMI, DSQ), as well as with anxiety as a personality trait.

12.3. Example of DSQ-40 questionnaire

This questionnaire contains a series of statements describing different behaviors and thoughts. Read each statement carefully and circle the number on the rating scale that corresponds to your opinion. These numbers have the following meanings:

1 2 3 4 5 6 7 8 9



I do not agree at all

Neither agree nor disagree

I completely agree

#	QUESTION	POINTS	This part of questioner is not given to interviewee
1	It gives me pleasure to help people and if they prevent me from doing so, I can become depressed.		Pseudo altruism
2	I can put off thinking about a problem until I find time to face it.		Suppression
3	I get rid of anxiety by doing something constructive and creative like painting, writing, woodworking, etc.		Sublimation
4	I find good reasons for everything I do		Rationalization
5	I can laugh at myself pretty easily		Humor
6	People tend to treat me badly		Projection
7	If someone attacked me and stole my money, I would rather be helped than punished.		Reactive formation
8	People say I often ignore embarrassing facts as if they don't exist.		Denial
9	I ignore the dangers as if I were Superman		Dissociation
10	I take pride in my ability to show people where they belong.		Devaluation
11	I often react impulsively when something bothers me.		Acting out
12	I get sick when things in my life go wrong.		Somatization
13	I am a very private person		Devaluation

14	My fantasies give me more pleasure than my real life		Autistic fantasy
15	I have special talents that allow me to go through life without difficulty.		Dissociation
16	There are always good reasons when things don't go my way.		Rationalization
17	I solve more things in my fantasies than in real life		Autistic fantasy
18	I'm not afraid of anything		Negation
19	Sometimes I think of myself as an angel, and sometimes as a devil.		Splitting
20	I become openly aggressive when I feel hurt		Acting out
21	I always feel like someone I know is like my guardian angel		Idealization
22	In my opinion, people are good or bad		Splitting
23	If my boss would annoy me, I would intentionally make a mistake at work or work slower just to get revenge on him		Passive aggression
24	There is a person I know who is absolutely fair and honest and can do anything		Idealization
25	I can hide my feelings, if showing them would affect what I do.		Suppression
26	I can usually see the better side of an awkward situation		Humor
27	I get a headache when I have to do something I don't like		Somatization
28	I am often kind to people I should be angry at		Reactive formation
29	I'm sure I am unlucky		Projection

30	When I have to face a difficult situation in my life, I try to plan ways to deal with it.		Anticipation
31	Doctors never really understand what's wrong with me		Displacement
32	When I fight for my rights, I need to apologize for it		Negation
33	When I'm depressed and anxious, food helps me feel better		Displacement
34	They often tell me that I do not show my feelings		Isolation
35	If I predict that I will be sad - I can handle it better		Anticipation
36	No matter how much I complain, I never get a satisfactory answer		Passive aggression
37	I often notice that I don't feel anything even when the situation requires strong emotions		Isolation
38	Persistence in the task protects me from feelings of anxiety and depression		Sublimation
39	When I find myself in a crisis, I would look for other people who have the same problem		Pseudoaltruism
40	If I have aggressive thoughts, I need to do something to replace them		Negation

Picture no. 1.

CHAPTER 13.

13. CONCLUSION: CAN WE DO WITHOUT DEFENSE MECHANISMS

For a long time, psychologists have resisted recognizing the existence and necessity of defense mechanisms, but it is true that they are an inseparable part of our personality, that is. of our ego. Freud and other psychoanalysts introduced defense mechanisms and established them as a necessary construct for understanding the very complex functioning of personality (Kolenović-Đapo, Drače, Hadžiahmetović, 2015). According to Freud's primary understanding, defense mechanisms served to suppress anxiety, and after that, the understanding and establishment of defense mechanisms underwent many transformations.

Since, according to Freud, anxiety arises due to the internal conflict between ego, id, superego and reality, what needed to be defended or rejected are sexual and aggressive instincts. However, Anna Freud put the purpose of defense mechanisms to much higher level and made her invaluable contribution to understanding them, while his student Fenichel developed the idea that the role of defense mechanisms is to protect self-esteem.

If we take into account that we are very sensitive to distorting our self-image and that we do everything to maintain a positive view of ourselves or raise our own selves, the role of psychological defenses in preserving personality is obviously immeasurable.

Man is a being who strives to keep the notion of himself stable and to integrate new experiences into such a notion of himself. Man strives to grow, to overcome difficulties, to overcome life's challenges, while at the same time keeping his personal image of himself sublime, good and sometimes magnificent.

The most significant changes in the conceptual understanding of defense mechanisms after Freud, Anna, and Fenichel were brought about by Karen Hornay and Harry S. Sullivan, through a sociopsychological interpretation of personality, and Heinz Kohut through an interpretation of the self. The function of defense mechanisms has shifted from internal conflicts to the interpersonal area. Social psychologists Zeigler-Hill and Pratt (2007), for example, recognized projection, but studied it under the auspices of theories of attribution and the effect of false consensus. Brad Bowins said "a purely rational mind does not exist."

The controversy regarding the function of defense mechanisms is more or less over. Defense mechanisms serve to ensure that the individual maintains a stable image of himself and does not experience excessive negative emotions. Defense mechanisms serve to preserve the ego and preserve self-esteem. These are psychological strategies for positive coping with stress, tools to find excuses to defend unhealthy behavior, to avoid dealing with harmful emotions, as well as strategies to avoid pain when we feel threatened, but also mental time-out to adapt to changes in life. Their role and power consists in their ability to transform the perception of reality, in order to provide the individual with apparent harmony.

Given that the basis of any defense mechanism is the distortion of events, it could be said that Cognitive Distortion is the foundation of defense mechanisms.

Where does cognitive distortion come from is a question that arises. A number of scientists believe that it serves to reduce negative emotions, another group that it serves to distort reality in order to maintain a positive but unrealistic view about themselves, and a third that it is a matter of reconstruction and construction of knowledge.

The theories that have developed around defense mechanisms have opened up a very wide field of action and study. With the development of self psychology, new fields opened up, and then defense mechanisms were even better defined. People routinely reject all information that distorts their positive self-image, and value information that reinforces a positive self-image. Information that degrades our self-image seems to be untrue or false, misinterpretations or coincidences at best, while information that makes our self-image more positive and stable is perceived as true and desirable. This is the role of ego defense mechanisms.

One of the strategies for satisfying the need for self-affirmation is the affirmation of one's own self through, say, one's own values, relationships with important people, and nurturing "precious" personal traits (Sherman and Cohen, 2006).

Defense mechanisms protect our self-esteem and protect us from anxiety, they also help us cope better with ourselves if we are not adjusted. They are necessary, and what effects they will have in the adjustment depends on numerous factors, personality resources, individual traits of the person, the type of defense that the individual uses, etc. Defense mechanisms are indicators of positive outcomes of psychotherapeutic procedures. Immature defenses (such as denial) provide the individual with "peace" in the short term and bring him instant gratification. In contrast, mature defense mechanisms help an individual to successfully overcome a stressful situation in the long run (Kolenović-Đapo J., Saša Drače, Nina Hadžiahmetović, 2015). Personality defenses have a role in reducing negative emotions, helping to experience positive emotions, coping with stress more easily, boosting self-esteem and elevating the self.

And that is why the answer to the question of whether we can do without defense mechanisms - we cannot. They are here to stay with us and we need them to survive and endure this life more easily. Their moderate use is necessary and healthy, while excessive use of defense mechanisms is unhealthy and leads to distortion of reality, self-image and inadequate functioning in life.

If we are to use defense mechanism, and we will, it is better that we try to choose mature ones. Usage of mature defense mechanisms is beneficial in the long run for the person and his ego.

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