

# Download Psychology Defense Mechanisms Answers

Instead of offering cognitive-behavioral techniques for dealing with anger, or affirming strategies to boost self-esteem, this self-help book adapts the basic methods of psychodynamic psychotherapy to a guided course in self-exploration, highlighting the universal role of defense mechanisms in warding off emotional pain. Hi Michael

Your article on defense mechanisms (Freud) seems to neglect Alfred Adler's earlier contributions ("Safeguarding behavior") which were essentially the same thing but which Freud rejected as being too attached to ego psychology, which was a no-no with him and others at the time. You might wonder, "What is the relevance of psychology to everyday life?" Well, here is the answer. Like it or not, the unconscious affects every aspect of our daily functioning, both personal and interpersonal. Ego psychology is a school of psychoanalysis rooted in Sigmund Freud's structural id-ego-superego model of the mind. An individual interacts with the external world as well as responds to internal forces.