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31 psychological defense mechanisms explained

June 2nd, 2020 - in our last article defense mechanisms psychological techniques we use to cope with anxieties we looked at the way in which the psyche deals with unconscious anxieties we identified a number of mon defense mechanisms

which we often use without even realising in order to avoid the anxiety caused by unreasonable impulses originating in the id and the resulting guilt which the super ego'

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'defense mechanisms how defenses may be holding you back

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May 17th, 2020 - manages to do so without shedding any light on either mechanisms or action the central thesis of this book is that the use of defense mechanisms changes over the lifespan and that denial may be normal for a six year old but not for a sixty year

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