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Freud Essays

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1. Freud's primary defense mechanisms are repression, suppression, denial, displacement, sublimation, regression, projection, reaction formation, rationalization, intellectualization, undoing, and compromise formation. Repression is when your conscious blocks certain thoughts or memories because they are too painful to deal with. An example from my own experience would be that I have very little memory from my childhood. My sister is 2 years older than me, and she is the opposite. She remembers everything and she shares stories and memories with me and is so shocked that I don't remember but as hard as I try, I do not remember most of my childhood. Suppression is intentionally avoiding thoughts because they are uncomfortable. From experience, I would say I do this when something triggering comes up, like seeing someone have a good relationship with their dad and I will get sad but then push the thought away. Denial is avoiding reality. When my best friend died from a brain aneurysm, they kept his body alive to preserve his organs. I was in denial that he was really dead, and I believed that there was still a chance he could wake up. That allowed me to hope and hold back the pain for an extra week. Displacement is taking out your emotions or thoughts on someone or something that isn't the source of it. An example from my life was when I was a teenager, I had a traumatic experience that I had no control over or knew how to deal with so I would take it out on my mom or my brother. Sublimation is a positive form of displacement and an example from my own experience would be my getting good grades and doing well in school despite the circumstances that were happening with my family. Regression is moving from the mature state of mind you are in to an immature one. An example in my life would be when I experience rejection, I feel myself regressing to old behaviors like crying or isolating. Projection is when you are behaving or

thinking in a certain way and instead of being open about it, you assume and accuse others of behaving or thinking in that manner. An example in my life is when I am in social situations and I assume that other people are uncomfortable and I work hard to make them comfortable but, it's just me that isn't comfortable. Reaction formation is yet again another form of positive displacement but milder in form. My experience would be my behavior with certain coworkers. I feel resentful towards one coworker in particular because she did something to undermine me but I am extremely understanding and kind to her. I don't want those emotions to show because realistically I don't want to be feeling them. Rationalization is using excuses to justify your behavior. In other words, you find "good" reasons to explain your behavior. An example of that in my life would be when friends or family want to spend time with me and I just want to be alone. I'll tell them I have a lot of things to do but, I don't. Intellectualization is when thoughts are given priority over feelings to avoid pain. I just learned what this looks like in my life and I realize I do it a lot. When I am overcome with feelings or feeling heavy with an uncomfortable emotion, I will intellectually try to figure out what I am feeling and why I am feeling it. So when I am feeling ashamed or guilty (emotions I feel the most uncomfortable with), I will question "why" and "why" and "why" over again until I find my peace with it or forget about it. Undoing is when you compensate for a negative behavior with a positive one. So for example, when I am late for work, I feel so guilty and I feel so bad that I'll work twice as hard that day because I want to compensate for my mistake. Compromise formation seems to be very similar to being condescending, which means that someone is giving a backhanded compliment or putting you down while trying to appear nice. In my life, it happens a lot to me, but I don't realize it until afterward. A recent event was a coworker who was making jokes about me coming to her location to help do something, but she was really trying to put me down. A way that I may have done it myself is when I talk to my older sister about her relationship with our dad and how she's closer to him than I am. I don't think it's directed toward her though, just toward the situation.

2. I do not agree with Freud's concept of penis envy. It absolutely has no merit because it is based on the zeitgeist of his time or the time before him, that he was raised in, which strongly believed that women were inferior to men and that they were in fact, deformed males. It is interesting that this idea developed at all because since then we have learned that from the moment of conception, all embryos carry only the X chromosome which determines the female sex. The Y chromosome that determines the male sex is not detected or formed in the embryo until it is 6 weeks. Freud's theory of females having penis envy has no merit because it invalidates the female population and their sense of identity. Freud is basically saying that females don't matter but the fact is that the only way humanity can continue is through male and *female* reproduction, which is especially contingent on the women's capability of carrying the life to term. Invalidating the female identity dissolves the major and essential role that women have in bringing humans/life into this world.

3. Freud's idea that psychologically healthy people are adjusted satisfactorily in love and work has some merit because I think that those are two areas of life that most people spend most of their time in; romantic relationships and in their place of employment. Most of the time that I speak to my family or friends, they are discussing their relationship or work drama. We spend most of our days at work to make a living and we are impacted by that environment and the people that are present there. When we leave our place of employment, we are met with our most intimate relationships, and they have an impact on us as well. Another area that I would suggest making a satisfactory adjustment to in order to be psychologically healthy is self-care through nutrition. I have noticed through my own experience that when I make healthier choices, it makes an impact on my overall mood and energy. Nutrition makes an impact on mood and whether you are irritable or hangry or calm. Nutrition impacts your performance and whether you have the capability to perform necessary tasks.