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Prof. Maret  
Theory Of personality  
Unit 5

Questions on Horney:

3. Define hypercompetitiveness and neurosis and explain how the two concepts are related to one another.

Hypercompetitiveness is an excessive desire to succeed and show superiority over others, often driven by a fear of failure and a need to prove oneself. Neurosis refers to a broad range of mental and emotional disorders characterized by anxiety, obsessive thinking, and difficulty coping with stress. Hypercompetitiveness and neurosis are related in that hypercompetitiveness may stem from neurotic tendencies, as individuals with neurotic tendencies may be more inclined to develop anxiety and have a fear of failure, leading them to adopt a hypercompetitive attitude as a means of coping.

4. Explain the origins of neurotic behavior in early family experiences.

The origins of neurotic behavior are believed to be caused by early family experiences, particularly in the dynamics between parents and children. For instance, children who experience neglect, abuse, or inconsistent parenting may develop feelings of anxiety and insecurity, which can manifest as neurotic behavior later in life. Additionally, children who are raised in environments that prioritize achievement or place excessive emphasis on external validation may be more likely to develop neurotic tendencies and a fear of failure.

5. Describe the various defense mechanisms that people use to cope with feelings of basic anxiety.

Defense mechanisms are psychological strategies that people use to cope with feelings of anxiety, stress, and other forms of psychological distress such as;

Denial: Refusing to acknowledge or accept the reality of a stressful or anxiety-provoking situation.

Repression: Pushing unpleasant or anxiety-provoking thoughts or memories out of conscious awareness.

Projection: Attributing one's own undesirable qualities or feelings to others.

Rationalization: Creating justifications or explanations for behaviors or beliefs that might otherwise be seen as problematic or inconsistent.

Displacement: Redirecting feelings of anxiety or frustration from one source onto another, less threatening target.