

Michelle Echeverria  
PSY441: Psychology of Personality  
Professor Maret  
Unit 5  
3/30/23

### Chapter 5 Horney: Essay Questions

3.

Hyper competitiveness is a behaved pattern that is designed for someone to only succeed at all costs even if it means stepping over someone else. People who have hyper competitiveness behaviors are more likely to cheat, sabotage others or engage in behaviors that lead to gain in an unethical way. Neurosis on the other hand is described as a psychological disorder that produces anxiety, distress, and can affect the normal everyday functioning of an individual. Neurosis shows up in different areas such as phobias, OCD, and somatic symptoms which means any excessive behaviors.

Hyper competitiveness and neurosis have many similarities, for example. Hyper competitiveness is known to be a defense mechanism that is used to cope with anxiety or feelings of being inadequate. This excessive desire to succeed may stem from people who feel the need to prove their worth from past experiences of being rejected.

Lastly, hyper competitiveness and neurosis is an intricate phenomenon which is why understanding its psychological factors can be helpful and informative to under the most effective treatments and best practice approach while promoting psychological well-being.

4.

According to psychodynamic theory, neurotic behavior stems from early childhood experiences, which includes the dynamic between the child and their primary caregiver. Early childhood experiences are vital to a child's development as it molds their sense of self. Having negative or unhealthy experiences can lead to neurotic behaviors later in life. Karen Horney studied the role of early family experiences and how it develops into neurotic behaviors. Horney discovered that children who developed anxiety felt unsafe, unloved, or unprotected by their caregiver. This anxiety would lead to neurotic behaviors that include coping with their feelings of insecurity and feeling like they aren't enough. A child who is criticized or punished may feel the need to seek perfection or strive to meet standards that aren't realistic to avoid being criticized for not doing enough. Horney identified many types of parenting that contribute to neurotic behaviors which includes the following: Overprotective parenting can cause the child feeling like they are unable to be independent. Inconsistent parenting which causes the child feeling neglected and that they don't matter. Lastly, Authoritarian parenting can cause the child feeling confused on how to behave which causes the child feeling powerless and disables their ability of being independent.

Depending on the child's experiences in their early stages with their caregiver can either cause a negative or positive impact as they get older, and their personality and character is formed. Being able to navigate the importance of our role in a child's life is important as it can hinder their adulthood and can be one of the reasons why they develop neurotic behaviors that can be seen as problematic and can pose to harm others and themselves.

5.

Karen Horney a psychoanalyst studied different defense mechanisms that people may use to cope with anxiety. These defense mechanisms are things people often unconsciously to protect themselves from feelings of insecurity, vulnerability, and anxiety. These are a few examples that Horney found: Withdrawal is when someone distances themselves from other people or environments to avoid social interactions or to cope with their anxiety, they also find themselves retreating into themselves. Compliance is when someone seeks approval and acceptance from other people even if they neglect their own needs and desires. Aggression is a mechanism that causes a person to lash out at others or at their environment to help them cope with feelings of insecurity and vulnerability. Projection is when a person portrays the exact thoughts, and feelings they experience internally, and it is projected onto others to avoid processing their own responsibilities and anxieties. Rationalization is when someone tries to justify their behavior of how they feel in a way that makes them seem like they are being reasonable in behaving that way when there isn't a valid reason. Intellectualization involves someone distancing themselves to avoid their anxiety that may stem from feeling emotionally detached from other people and distancing themselves to not confront it directly. Lastly, denial involves neglecting to acknowledge the situation or issue firsthand to not experience feelings of anxiety or discomfort.

Defense Mechanism shouldn't be viewed negatively as it is a way to cope with anxiety. However, it is important to note that not addressing each issue appropriately can lead to furthering issues one may face. It is important to recognize and address these defense mechanisms as it can pave the way to overcoming our difficulties in a way that's healthy and effective.