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PSY 441

Horney's Essay#5

The various defense mechanisms that people use to cope with feelings of basic anxiety, which includes isolation, insecurity, and hostility, often resort to certain defensive attitudes. These protective devices only provide a temporary relief of pain and a feeling of safety. Horney refers to these defenses as "neurotic needs or strivings designed to reestablish the safety of their environments", she outlined and described them, in ten neurotic needs. The first is the need for affection; it is outlined that people are overly sensitive to any criticism and show a deep hunger for affection from anyone regardless if the person has positive feelings towards them or not. (2) The need for a partner who will take over one's life. The feelings of loneliness are hard for and taking risks are not part of their agenda. Without the presence of love and friendship of a dule partner, they feel lonely and don't cope well. (3) The need to restrict one's life within narrow borders. Fear and disappointment is hard to express, because they don't want to be ridiculed. Safety is gained by the submission to the will of others. (4) The need for power. Striving for power springs from anxiety, weakness, and feelings of inferiority, this serves as a protection against helpness, this is one of the main elements of basic anxiety. (5) The need to exploit others: some people with this need think it is necessary to exploit others in order to feel safe. They do dishonest things to get away from their feelings of insecurity. If there is a good outcome in their life, it is fine, however if there is bad outcome they readily blame others. They also have a fear that others will be unfair

and take advantage of them: (6) The need for social recognition and prestige. There is a driven need to be admired and respected by others, this makes the person feel important, they have a huge fear of losing their status. (7) The need for personal admiration; This false image operates on an unconscious level by striving to be perfect. They want to be viewed as geniuses. (8) The ambition for personal achievement is to defeat others out of their superior achievement, so that they can stand out. (9) The need for self-sufficiency and independence; People are afraid to show emotional feelings towards others, they want to give the impression that they are strong, so they would stay away from others and even remain unmarried. (10) The need for perfection and unassailability; Because of the expectation from their parent in childhood, people were often criticized if they failed to measure up to low standards. They perform hard to stand out. This behavior stems from their authoritarian parents, they adopt their parents values and try their very best to be perfect so they won't be criticized. They see themselves as fair, and are hypersensitive if there is any reason that they are not up to standard.