

Chapter 11

55- Projection and sublimation are two defense mechanisms used by individuals to cope with difficult emotions or situations.

Projection is when individuals project their own unwanted thoughts, feelings, or impulses onto someone else. For example, if someone is feeling guilty about lying, they might accuse someone else of lying.

Sublimation is when individuals redirect their unacceptable impulses or feelings into socially acceptable outlets. For example, an individual who has aggressive impulses might channel those impulses into playing a sport or engaging in a physical activity. While both projection and sublimation involve redirecting emotions or impulses, the main difference between the two is the direction in which they are redirected. Projection is an outward projection onto someone else, while sublimation is an inward redirection into a more constructive or positive activity.

56. Reaction formation refers to a defense mechanism in which an individual takes on attitudes or behaviors that are the opposite of their true feelings or desires in order to avoid anxiety-producing thoughts or feelings.

For example, someone who is homophobic may unknowingly exhibit reaction formation by expressing strong admiration or even attraction to members of the same sex.

Alternately, an individual who harbors feelings of anger or violence may try to sublimate these negative emotions by becoming overly friendly, polite, and passive-aggressive.

Overall, the goal of reaction formation is to hide or mask one's true feelings or desires and to create a false reality that may be more socially acceptable or emotionally manageable.

51. Gordon Allport's theory of personality suggests that traits can be classified into three different levels: cardinal traits, central traits, and secondary traits.

Cardinal traits are rare but dominant personality traits that shape a person's behavior, values, and attitudes. These traits completely define a person's life and are very difficult to change. For example, a person with a cardinal trait of avarice will usually be known for their extreme greed and will often be described as a "miser."

Central traits are the general characteristics that define a person's behavior and form the basis of their personality. These traits are not as dominant as cardinal traits but are still quite influential in shaping how a person relates to others. Central traits might include honesty, intelligence, and charm.

Secondary traits are the more specific and limited traits that might only be apparent in certain situations or circumstances. For example, a person might be kind and nurturing towards animals but might not display this same behavior towards humans. Secondary traits can vary greatly based on the specific circumstances and tend to be much less predictable than central or cardinal traits.

53- Anna O. was a patient of Josef Breuer, a colleague of Sigmund Freud. She suffered from hysteria and was treated using a method known as "the talking cure," which involved the patient talking about their experiences and emotions to help alleviate symptoms. Freud later studied Anna O.'s case, which became influential in the development of early psychoanalytic theory.

61- The collective unconscious is a concept in psychology which suggests that there are certain innate and universal mental constructs shared by all humans, regardless of culture or individual experience. This idea was developed by psychologist Carl Jung and he believed that these shared perceptions are inherited and exist in the unconscious mind of each individual. These archetypes can influence a person's behavior and attitudes without them being consciously aware of it.