

Ego Defense Mechanism Definition

- The utilization of psychic energy arising from the id in order to protect the ego.
- Strategies the ego uses to defend itself against the anxiety provoked by conflicts of everyday life. Defense mechanisms involve denials or distortions of reality.
- It is used by the ego to resolve intrapsychic conflict.
- It is adopted when direct expression of the id impulse is unacceptable by the superego or dangerous in the real world.

Ego The Mechanisms Of Defense

SJ Ball



Ego The Mechanisms Of Defense:

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