

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

Didier Musso



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