

VARNARHÆTTIR

... sjálfsins við togstreitu sjálfs og þaðs

Samantekt Mús Viðars Mússonar

Það er varnarháttur þegar eitthvert viðfang sem hefur jákvætt siðferðilegt og félagslegt gildi verður staðgengill frumstæðs og andsiðferðilegs viðfangs - eða þegar einhver ósiðleg hvöt fær útrás á meinlausan eða jafnvel lofsverðan hátt. Leonardo da Vinci sýndi t.d. bæði göfgun og tilfærslu.

Patterns of feelings, thoughts or behaviours that are relatively involuntary and arise in response to perceptions of psychic danger. They are designed to hide or to alleviate the conflicts or stressors that give rise to anxiety. Defense mechanisms that are usually adaptive are not included in the DSM.

Defense mechanism is a term applied to any enduring pattern of protective behavior (reaction) designed to provide a defense against the awareness of that which is anxiety-producing. The process (behavior) is unconsciously motivated, unconsciously acquired, and developed to protect the self or ego from unpleasantness of many kinds. Dozens of defense mechanisms have been hypothesized; some of the more commonly cited, include repression (bæling), regression (endurhvarf), rationalization (réttlætning) and projection (frávarp). Theory divides defense mechanisms into those that are *neurotic* and those which are *normal*. The difficulty is that while they may function as effective protectors of self in some of life's situations, they often prove counterproductive in others. They can always lead to psychological disorders or, to use the classical term, to a neurotic breakthrough or, in other words, to maladaptive ways of dealing with the world - save successful repression (bæling) and sublimation (göfgun).

In George Eman Vaillant's (1977) categorization, defenses form a continuum related to their psychoanalytical developmental level. Vaillant's levels (þrep) are:

Level/þrep I - *pathological* defenses (i.e. psychotic denial, delusional projection). The mechanisms on this level, when predominating, almost always are severely pathological. These four defenses, in conjunction, permit one to effectively rearrange external experiences to eliminate the need to cope with reality. The pathological users of these mechanisms frequently appear irrational or insane to others. These are the "psychotic" defenses, common in overt psychosis. However, they are found in dreams and throughout childhood as well.

Level/þrep II - *immature* defenses (i.e. fantasy, projection, passive aggression, acting out). These mechanisms are often present in adults and more commonly present in adolescents. These mechanisms lessen distress and anxiety provoked by threatening people or by uncomfortable reality. People who excessively use such defenses are seen as socially undesirable in that they are immature, difficult to deal with and seriously out of touch with reality. These are the so-called "immature" defenses and overuse almost always leads to serious problems in a person's ability to cope effectively. These defenses are often seen in severe depression and personality disorders. In adolescence, the occurrence of all of these defenses is normal.

Level/þrep III - *neurotic* defenses (i.e. intellectualization, reaction formation, dissociation, displacement, repression). These mechanisms are considered neurotic, but fairly common in adults. Such defenses have short-term advantages in coping, but can often cause long-term problems in relationships, work and in enjoying life when used as one's primary style of coping with the world.

Level/þrep IV - *mature* defenses (i.e. humor, sublimation, suppression, altruism, anticipation). These are commonly found among emotionally healthy adults and are considered mature, even though many have their origins in an immature stage of development. They have been adapted through the years in order to optimize success in life and relationships. The use of these defenses enhances pleasure and feelings of control. These defenses help us integrate conflicting emotions and thoughts, while still remaining effective. Those who use these mechanisms are usually considered virtuous.

Upphrópunar- og spurningarmerki eru við óviss atriði eða atriði í vinnslu. Númerin 1-10 eru frá Önnu Freud 1937. Seinna bætti annar höfundur splitting og denial við listann og eru þá komnir 12 varnarhættir sem örugglega eru

viðurkenndir af psykoanalísum. Plúsar og mínusar eru stundum við varnarhættina, og tákna jákvæðar eða neikvæðar afleiðingar tilvistar þeirra hjá viðkomandi.

Efni þessu var víða safnað og er í stöðugri endurvinnslu. M.a. er stuðst við Orðaskrá úr uppeldis- og sálarfræði, riti Íslenskrar málnefndar frá 1986, án þess þó að þess sé getið sérstaklega. Sumt er sótt í Wikipedia. Þessi samantekt er til eigin nota og ekki til útgáfu.

ACTING OUT (-)

A mechanism in which the person acts without reflection or apparent regard for negative consequences. A patient is said to be acting out if he engages in activity which can be interpreted as a substitute for remembering past events. The essence of the concept is the replacement of thought by action. Stundum eru þetta e.k. óknyttir, drykkja eða afbrot. Tefur fyrir árangri samtalsmeðferðar.

Direct expression of an unconscious wish or impulse in action, without conscious awareness of the emotion that drives that expressive behavior.

Vaillant setur acting out í 2. þrep (immature).

ADJUSTMENT / samhæfing

Er fólgin í því að eitthvað er gert eða ógert látið, oft ósjálfrátt, í því skyni að komast hjá að viðurkenna fyrir sjálfum sér þá eiginleika sína eða tilgang sem kynni að lækka eigið sjálfsmat. Þá er staðreyndum einatt neitað óviljandi eða veruleikinn er rangfærður. Andstætt röklausn (rational problem solving).

ALTRUISM (+)

Constructive service to others that brings pleasure and personal satisfaction.

Vaillant setur altruism í 4. þrep (mature).

ANTICIPATION (+)

Realistic planning for future discomfort.

Vaillant setur anticipation í 4. þrep (mature).

ASKANCE / afneitun! / askens / suspicion!

Gegn aggression og libido.

AUTISTIC FANTASY / sjálfhverf hugsun!

A mechanism in which the person substitutes excessive daydreaming for the pursuit of human relationships, more direct and effective action, or problem solving.

Það ástand þegar athyglin er svo bundin dagdraumum og hugarvingli að veruleikanum er ekki gaumur gefinn.

BLOCKING! / block of thoughts! / gleymka! / hugsanastífla!

Skýndileg stöðvun hugsunar sem verður ekki skýrð með aðstæðum eða gleymka!

COMPENSATION/OVERCOMPENSATION! (-) Er þetta varnarháttur?

In psychology, compensation is a strategy whereby one covers up, consciously or unconsciously, weaknesses, frustrations, desires, or feelings of inadequacy or incompetence in one life area through the gratification or (drive towards) excellence in another area. Compensation can cover up either real or imagined deficiencies and personal or physical inferiority. Positive compensations may help one to overcome one's difficulties. On the other hand, negative compensations do not, which results in a reinforced feeling of inferiority.

There are two kinds of negative compensation: *Overcompensation*, characterized by a superiority goal, leads to striving for power, dominance, self-esteem, and self-devaluation and/or *undercompensation*, which includes a demand for help, leads to a lack of courage and a fear for life.

A well-known example of failing overcompensation, is observed in people going through a *midlife-crisis*. Approaching midlife, many people lack the energy to maintain their psychological defenses, including their compensatory acts.

Narcissistic people, by compensation theory, mute the feelings of low self-esteem by: talking "highly" and/or contacting "highly admired" persons.

Narcissistic children try to compensate for their jealousy and anger by: fantasizing about power, beauty, richness (see studies of Melanie Klein).

Christopher Lasch, an American historian and social critic wrote in his book *The Culture of Narcissism* (1979) that North American society in the 1970s was narcissistic (had narcissistic colour). The narcissistic society: worships consumption and/or fears dependency, aging, and death. Therefore, it is "fascinated" with fame (by Lasch).

Consumption has been put forward as a means of compensation (see study by Allison J. Pugh: From compensation to 'childhood wonder'). Examples: use of goods to convey human relationships and/or parents make up for "bad" conditions (poverty, abuse ...) they lived in and/or parents make up for "bad" conditions (divorce, ...) they caused children to live in.

CONVERSION REACTION / hysteria / hughvarfi (-)

Yfirfærsla geðrænna vandamála í líkamleg einkenni.

DENIAL / afneitun / förnekande / upphävande (+/-) (1)

Afneitun á að um sé að ræða sálrænan sjúkdóm (painful experience). Ver sjálfíð gegn ytra álagi eða óþægilegum atburðum. Fyrir kemur að hluta sjálfsins er afneitað. Raunveruleg atferliskveikja er ekki viðurkennd. Ýmsu sem ógeðfellt þykir er ekki veitt athygli. Undanglidande. A mechanism in which the person fails to acknowledge some aspects of external reality that would be apparent to others.

Það er spurning hver er munur á denial (afneitun) og repression (bæling).

Refusal to accept external reality because it is too threatening; arguing against an anxiety-provoking stimulus by stating it doesn't exist; resolution of emotional conflict and reduction of anxiety by refusing to perceive or consciously acknowledge the more unpleasant aspects of external reality.

Vaillant setur psychotic denial í 1. þrep ("psychotic").

DEVALUATION (-)

A mechanism in which the person attributes exaggeratedly negative qualities to self or others.

DISPLACEMENT / tilfærsla / förskjutning

Bægir frá sjálfinu innri hættum frá tilfinningum og hvötum. Birtist í áráttu/þráhyggju! A mechanism in which the person generalizes or redirects a feeling about an object or a response to an object onto another, usually less threatening object (from one mental image to another).

Staðgönguverknaður (representative act!) samkvæmt annarlegu athafnamynstri sem sálgreiningarfræði gera ráð fyrir að gripið sé til þegar venjuleg viðbrögð við tilteknum aðstæðum eða atvikum ná ekki fram að ganga. Eitt er sett í annars stað, hugmynd, verknaður eða geðtengsl, sér til hugarhægðar, einkum þegar óþægileg afleiðing er kennd rangri orsök; kenndum til e-s er beint til annars, hefnd tekin á persónu sem er minni máttar en sú sem sökina ber o.s.frv.

Bæling (sublimation) byggir á (nokkrum) tilfærslum.

Defense mechanism that shifts sexual or aggressive impulses to a more acceptable or less threatening target; redirecting emotion to a safer outlet; separation of emotion from its real object and redirection of the intense emotion toward someone or something that is less offensive or threatening in order to avoid dealing directly with what is frightening or threatening. For example, a mother may yell at her child because she is angry with her husband.

Vaillant setur displacement í 3. þrep (neurotic).

DISSOCIATION / persónuleikarof

A mechanism in which the person sustains a temporary alteration in the integrative functions of consciousness or identity. Þetta er vörn sem beitt er t.d. í kjölfar trauma, svo ekki þurfi að horfast í augu við allan atburðinn í einu. Einangrun vissra þátta persónuleikans sem starfa þá meira eða minna sjálfstætt. Þar til má nefna *skiptan persónuleika* og *óminni* (amnesia). Skilt Splitting (of the ego).

Temporary drastic modification of one's personal identity or character to avoid emotional distress; separation or postponement of a feeling that normally would accompany a situation or thought.

Vaillant setur dissociation í 3. þrep (neurotic).

DISTORTION / afbökun

Hagræðing hugmyndar á þann veg að hún sýnir ekki frammar réttilega það sem hún átti að tákna. Fyrir afbökun geta forboðnar eða ótækar hugsanir og skyndihvatir (impulses) komist dulbúnar úr dulvitund til meðvitundar.

A gross reshaping of external reality to meet internal needs.

Vaillant setur distortion í 1. þrep ("psychotic").

DOING

Varpar kvíðanum til annarra; "á ég að búa með konunni ...?" o.þ.h.

EXTERNALIZATION! / úthverfa!

The process by which a mental image is imagined to be outside the self, by which an internal object is projected on to some figure in the external world. Skilt projection. Opposite of introjection.

Úthverfa er einkenni eins þeirra flokka sem sálgerðakenning Jungs gerir ráð fyrir.

Úthverfur (extrovert) er sá sem hefur meiri áhuga á umheimi en eigin sálarlífi, hneigist til að hafa áhrif út á við, vera mjög virkur og önnum kafinn við félagslega starfsemi. Er þetta varnarháttur?

FANTASY

Tendency to retreat into fantasy in order to resolve inner and outer conflicts.

Fantasy er í 2. þrepi Vaillants (immature).

FIXATION / stöðnun

Lík endurhvarfi. Það að verða gróinn eða stirðnaður í tilteknum háttum (sem tilheyra yngra þroskastigi), einkum á geðrænu sviði. Sjá ambivalence. Hjá sumum kemur stöðnun aðeins fram við mikið álag. Stöðnun er orkuþjófur. Afleiðing er t.d. mikil frustration eða mikil ánægja, eða mikil ást og mikið hatur. Ath. t.d. oral fixation o.s.frv.

GRANDIOSITY

GÖFGUN

Sjá Reaction Formation og undirflokkinn Sublimation.

HUMOUR (+)

Það að leitast stöðugt við að finna fyndnar hliðar á hverju máli. Tengist öðrum varnarháttum! Hvað t.d. með projection og intellectualization? Líkist humor intellektualiseringu?

Overt expression of ideas and feelings (especially those that are unpleasant to focus on or too terrible to talk about) that gives pleasure to others. The thoughts retain a portion of their innate distress, but they are "skirted round" by witticism.

Vaillant setur humor í 4. þrep (mature).

HYPOCHONDRIASIS

An excessive preoccupation or worry about having a serious illness.

Vaillant setur hypochondriasis í 3. þrep (neurotic).

IDEALIZATION / tignun

A mechanism in which the person attributes exaggeratedly positive qualities to self or others (projection). Ambivalently regarded object is split into two (splitting), one resulting object being conceived of as ideally good, the other as wholly bad. Óskilt aðdáun, því hér er neikvæðum eiginleikum viðfangsins afneitað. Leiðir til þess að viðkomandi verður háður viðfanginu (dependence), en ekki til þess að hann líki eftir því. Bægir frá sektarkennd og þunglyndi (á kostnað sjálföryggis).

Unconsciously choosing to perceive another individual as having more positive qualities than he or she may actually have.

Vaillant setur idealization í 2. þrep (immature).

IDENTIFICATION / samsömun (+)

Að samsama sig öðrum einstaklingi. Eftirlíking eftir atferli þess eða þeirra sem mark er á tekið, t.d. foreldris af sama kyni. Gert í sjálfsvirðingar skyni eða e.t.v. óvitandi.

The unconscious modeling of one's self upon another person's character and behavior.

Er það að vera sammála síðasta ræðumanni hér, eða etv. í Projection?

Vaillant setur identification í 4. þrep (mature).

INTELLECTUALIZATION / þrætugirni! / rökfærsla!

Oftast aggressiv. Flótti frá því að takast á við tilfinningaleg viðfangsefni, eða þá að snúið er út úr þeim með röksemdafærslum sem eru óviðeigandi.

A form of isolation; concentrating on the intellectual components of a situation so as to distance oneself from the associated anxiety-provoking emotions; separation of emotion from ideas; thinking about wishes in formal, affectively bland terms and not acting on them; avoiding unacceptable emotions by focusing on the intellectual aspects (e.g. isolation, rationalization, ritual, undoing, compensation, magical thinking).

Vaillant setur intellectualization í 3. þrep (neurotic).

INTROJECTION / innvarp (2) (+)

The process by which the functions of an external object are taken over by its mental representation, by which the relationship with an object "out there" is replaced by one with an imagined object "inside". The resulting mental structure is called introject, an introjected object or an internal object.

Ver sjálfíð gegn ytra álagi eða óþægilegum atburðum. Það að eigna sjálfum sér ytri ferli. Samsömun (identification) er frávarp (projection) að því leyti sem maður ætlar öðrum sína eigin mynd, en þó umfram allt innvarp, sem sé að líta á sjálfan sig sem aðra tiltekna persónu. Innvarp getur verið varnarháttur eins og frávarp; ef umheimur þykir háskalega strangur er hægt að taka sér vald yfir háskanum með því að láta sem hingar ströngu kröfur séu að sjálfs vilja.

In an influential 1981 article, Some Clinical Consequences of Introjection: Gaslighting, Calef and Weinsel argue that gaslighting involves the projection and *introjection* of psychic conflicts from the perpetrator to the victim: "this imposition is based on a very special kind of 'transfer'... of painful and potentially painful mental conflicts." The authors explore a variety of reasons why the victims may have "a tendency to incorporate and assimilate what others externalize and project onto them", and conclude that gaslighting may be "a very complex highly structured configuration which encompasses contributions from many elements of the psychic apparatus." Dorpat (1994) describes this as an example of projective identification.

The super-ego is formed by introjection of parental figures. Er þannig eðlilegt þroskastig. Sem varnarháttur dregur innvarp aftur á móti úr aðskilnaðarkvíða.

Identifying with some idea or object so deeply that it becomes a part of that person.

Vaillant setur introjection í 4. þrep (mature).

Internalization / innhverfing er ein mynda innvarps. Það er innhverfing þegar eitthvað sem í upphafi kom að utan er ofið inn í persónuleikann og gert að sjálfseigind. Freud taldi að yfirsjálf barns yrði til fyrir innhverfingu á boðum og bönnum foreldra. Barnið skoðar þau síðan sem sitt eigið mat, eigin hugsjón, eigin samvisku.

INTROVERSION! / innhverfa. Varla varnarháttur.

Samkvæmt Eysenck raða sér allir einhvers staðar á kvarðann innhverfir – úthverfir. Tilhneiging til að búa sem mest að eigin hugsunum, og velta þeim fremur fyrir sér en að láta þær í ljósi. Andstæða við úthverfu. Sjá innhverfingu undir Introjection. Sjá Withdrawal.

LYGI ! Gaslighting is a form of manipulation that seeks to sow seeds of doubt in a targeted individual or members of a group, hoping to make targets question their own memory, perception, and sanity. Using persistent denial, misdirection, contradiction, and lying, it attempts to destabilize the target and delegitimize the target's belief (Wikipedia).

ISOLATION / einangrun (3)

Compulsion / Compulsiveness / áráttá (-)

Objectivity / hlutlægni

Obsession / þráhyggja (-)

Einangrun milli tilfinninga og vitsmuna. Bægir frá sjálfinu innri hættum frá tilfinningum og hvötum. A mechanism in which the person is unable to experience simultaneously the cognitive and affective components of an experience because the effect is kept from consciousness. Ákveðnar kenndir og hvatir einangrast frá hugtengslum þeim og hugmyndum sem þær eru venjulega bundnar.

The subject isolates an occurrence, preventing it from becoming part of the continuum of his significant experience. Þá kemur ... interval during which nothing further must happen ...

Einangrun er gjarnan notuð af taugaveikluðu fólki með áráttu/þráhyggju (líkt og bæling er notuð af hysterisku fólki). Áráttá er tilhneiging til að endurtaka sí og æ tiltekið atferli þótt óæskilegt sé og vandkvæði á að hætta við. Þráhyggja er hugsun sem sí og æ leitar á vitundina og verður ekki um flúin, venjulega óraunhæf og hvímeið.

Separation of feelings from ideas and events, for example, describing a murder with graphic details with no emotional response.

Vaillant setur isolation í 3. þrep (neurotic).

NARCISSISM / sjálfásátt (-)

Er stöðnun eða endurhvarf. Aðdáun á eigin líkama og persónuleikaeigindum (stundum einnig kynferðisleg). The defence part of it enables the subject to deny that he has lost the introjected object or part of the developmental process.

Sociopaths and narcissists frequently use gaslighting tactics. Sociopaths consistently transgress social mores, break laws, and exploit others, but typically also are convincing liars, sometimes charming ones, who consistently deny wrongdoing. Thus, some who have been victimized by sociopaths may doubt their own perceptions. Some physically abusive spouses may gaslight their partners by flatly denying that they have been violent. Gaslighting may occur in parent-child relationships, with either parent, child, or both, lying to each other and attempting to undermine perceptions (Wikipedia). Sjá Overcompensation.

An abuser's ultimate goal is to make their victim second guess their every choice and question their sanity, making them more dependent on the abuser. A tactic which further degrades a target's self-esteem is for the abuser to ignore, then attend to, then ignore the victim again, so the victim lowers their personal bar for what constitutes affection and perceives themselves as less worthy of affection.

Gaslighting may be experienced by victims of school bullying – when combined with other psychological and physical methods, the result can lead to long-lasting psychological disorders and even progress into illnesses such as depression or avoidant personality disorder.

Gaslighting describes a dynamic observed in some cases of marital infidelity: "Therapists may contribute to the victim's distress through mislabeling the woman's reactions. [...] The gaslighting behaviors of the spouse provide a recipe for the so-called 'nervous breakdown' for some women [and] suicide in some of the worst situations.

OVERCOMPENSATION. Sjá Compensation.

PASSIVE AGGRESSION

A mechanism in which the person indirectly and unassertively expresses aggression toward others. Aggression towards others expressed indirectly or passively such as using procrastination (frestun). Vaillant setur passive aggression í 2. þrep (immature).

PROJECTION / frávarp / översöring! (-) (4)

Throwing in front of oneself. Viewing a mental image as objective reality. The process by which specific impulses, wishes, aspects of self, or internal objects are imagined to be located in some object external to oneself. Projection of aspects of oneself is preceded by denial, i.e. one denies that one feels such and such an emotion, has such and such a wish, but asserts that someone else does. Margur heldur mig sig. Paranoia (in denying). (1) Ég elska ekki Siggu, það er hann Jón sem gerir það. (2) Ég elska ekki Siggu. Það er Sigga sem elskar mig (reversal). Projection of internal objects consists in attributing to someone in one's environment feelings towards oneself which derive historically from some past external (or internal) object whom one has introjected (innvarpað). Sinn brest láir hver öðrum mest. Huglæg fyrirbæri hlutgerð sbr. kvæði Steins Steinars. Bægir frá sjálfinu innri hættum frá tilfinningum og hvötum. Fólgið í því að eigna öðrum miður æskilega eiginleika í sjálfs fari (sjá innvarp). Tilhneiging til að skilja aðra með hliðsjón af sjálfum sér! Það að telja ýmislegt áreiti vera í samræmi við sjálfs sín þarfir, hæfileika og áhuga! A mechanism in which the person falsely attributes his own unacknowledged feelings, impulses or thoughts to others.

Er það að vera ætíð sammála síðasta ræðumanni hér? Eða etv. í Identification eða í Projective Identification?

Grossly frank delusions about external reality, usually of a persecutory nature.

The blatant denial of a moral or psychological deficiency, which is perceived as a deficiency in another individual or group (i.e. extreme projection).

Projection is a primitive form of paranoia. Projection also reduces anxiety by allowing the expression of the undesirable impulses or desires without becoming consciously aware of them; attributing one's own unacknowledged unacceptable/unwanted thoughts and emotions to another; includes severe prejudice, severe jealousy, hypervigilance to external danger, and "injustice collecting". It is shifting one's unacceptable thoughts, feelings and impulses within oneself onto someone else, such that those same thoughts, feelings, beliefs and motivations are perceived as being possessed by the other.

In an influential 1981 article, *Some Clinical Consequences of Introjection*: Gaslighting, Calef and Weinschel argue that gaslighting involves the *projection* and introjection of psychic conflicts from the perpetrator to the victim: "this imposition is based on a very special kind of 'transfer'... of painful and potentially painful mental conflicts." The authors explore a variety of reasons why the victims may have "a tendency to incorporate and assimilate what others externalize and project onto them", and conclude that gaslighting may be "a very complex highly structured configuration which encompasses contributions from many elements of the psychic apparatus." Dorpat (1994) describes this as an example of projective identification.

Delusional projection Vaillants er í 1. þrepi ("psychotic"): Grossly frank delusions about external reality, usually of a persecutory nature.

Extreme projection Vaillants er í 1. þrepi ("psychotic"): The blatant denial of a moral or psychological deficiency, which is perceived as a deficiency in another individual or group.

Projection Vaillants er í 2. þrepi (immature).

PROJECTIVE IDENTIFICATION

Sjá Projection.

The object of projection invokes in that person precisely the thoughts, feelings or behaviors projected.

Vaillant setur projective identification í 2. þrep (immature).

RATIONALIZATION (making excuses) / réttlæting eða andsvarsmyndun

E.t.v. skyld siðun. Andhverf við göfgun (Jung). Til bjargar sjálfsvirðingu. Leituð er uppi boðleg orsök (ex post facto - eftiráskýring) til atferlis sem annars er erfitt að fyrirgefa sér. A mechanism in which the person devises reassuring or self-serving, but incorrect, explanations for his own or others' behaviour. Einhver algengasti varnarháttur sem sjá má í daglegu lífi fólks (G.Á.). Refurinn hélt sjálfsvirðingu sinni, þrátt fyrir mistök sín, eftir að hann hafði komist að þeirri niðurstöðu að það gerði ekkert til þótt hann næði ekki berjunum, "þau væru hvort eð er súr!" Við gætum átt það til að tala niður til félagsskapar sem við fáum ekki inngöngu í. Það er einnig réttlæting þegar við frestum e-u kvíðavænlegu með því að við höfum svo mikið að gera í öðru. Réttlætingu má nota til að ýta frá sektarkennd (vegna e-s sem við hefðum átt að gera, eða ekki að gera).

Rationalization (making excuses): Where a person convinces him or herself that no wrong was done and that all is or was all right through faulty and false reasoning. An indicator of this defense mechanism can be seen socially as the formulation of convenient excuses - making excuses.

Vaillant setur rationalization í 3. þrep (neurotic).

REACTION FORMATION / andhverfing (5)

Compensation / uppbót

Moralization / siðun

Overcompensation / ofbætur

Sublimation / göfgun (+) (10)

Mot egen aggression. *Neutralisering* av kärleksfulla och hatiska känslor. Bægir frá sjálfinu innri hættum frá tilfinningum og hvötum. Á mörkum varnarhátt! Skyld tilfærslu. Kemur oft í stað endurhvarfs (regression). Endurhvarf er þó hættulegra. Varnarháttur sem afneitar lítilmótlegum hvötum með því að ýkja þátt andstæðra hvata. Bæling af því tagi að meðvitun einkenni atferlis eru látin þróast með sjálfinu í beinni andstöðu við sterka hneigð; þannig getur rík samúð verið andhverfing gegn píslarhvöt.

A mechanism in which the person substitutes behaviour, thoughts, or feelings that are diametrically opposed to his or her own unacceptable ones, like art, music and literature.

A defence process by which an unacceptable impulse is mastered by exaggeration of the opposing tendency. Solicitude may be a reaction-formation against cruelty, cleanliness against ... An obsessional defence.

Converting unconscious wishes or impulses that are perceived to be dangerous into their opposites; behavior that is completely the opposite of what one really wants or feels; taking the opposite belief because the true belief causes anxiety. This defense can work effectively for coping in the short term, but will eventually break down.

Vaillant setur reaction formation í 3. þrep (neurotic). Hann setur sublimation í 4. þrep (mature).

REGRESSION / endurhvarf (-) (6)

Andhverf við göfgun (Jung). Hættulegri en andhverfing (reaction formation). Áleitið atferli sem aðeins á við fyrra þroskastig kemur upp sem varnarháttur gagnvart ógnun, streitu, kvíða o.þ.h. Þetta bendir til þess að viðkomandi hafi ekki sagt skilið við fyrri þroskastig. Regression er ekki til bóta, því kvíði og aðrar ógnir blasa nú við út frá sjónarhorni yngri (vanþroskaðri) einstaklings. Þá er gripið til fleiri varnarháttanna til að bjarga sjálfinu.

Göfgun getur endurhverfst og verður þá naiv (sbr. græðgi).

Temporary reversion of the ego to an earlier stage of development rather than handling unacceptable impulses in a more adult way.

Vaillant setur regression í 3. þrep (neurotic).

REPRESSION / bæling / borttränging / förträngning (+!) (7)

Heilbrigð! Andhverf við göfgun (Jung). Hvöt eða minningu (impulse or idea) sem vakið gætu sektarkennd eða kvíða er vikið brott úr meðvitundinni og þannig afneitað (en lifir líklega áfram í sálrænni spennu). Þetta getur verið nauðsynlegt á þroskaárunum, enda þarf einstaklingurinn að læra að bíða eftir árangrinum - og að ekki er hægt að hoppa á hann ...

A mechanism in which the person is unable to remember or to be cognitively aware of disturbing wishes, feelings, thoughts or experiences. A defence mechanism by which an unacceptable impulse or idea is rendered unconscious. Freud sagði stundum hið dulvitaða (innihald) vera bælt (innihald).

The process of attempting to repel desires towards pleasurable instincts, caused by a threat of suffering if the desire is satisfied; the desire is moved to the unconscious in the attempt to prevent it from entering consciousness; seemingly unexplainable naivety, memory lapse or lack of awareness of one's own situation and condition; the emotion is conscious, but the idea behind it is absent.

Vaillant setur repression í 3. þrep (neurotic).

REVERSAL (8)

Reaction formation is a defence in which the ego avails (helps) itself of the instinct's capacity for reversal. A defence mechanism which exploits the possibility of reversal. Hættuleg löngun (sadism) er snúið í minna hættulega löngun (masochism).

SOMATIZATION (-)

A mechanism in which the person becomes preoccupied with physical symptoms disproportionate to any actual physical disturbance.

The transformation of negative feelings towards others into negative feelings toward self, pain, illness, and anxiety.

Vaillant setur somatization í 2. þrep (immature).

SPLITTING / klofningur! (-) (9)

A mechanism in which the person views himself or herself or others as all good or all bad, failing to integrate the positive and the negative qualities of self and others into cohesive images; often the person alternately idealizes and devalues the same person.

Defence mechanism by which a mental structure loses its integrity and becomes replaced by two or more part-structures. After splitting of the *ego*, typically only one resulting part-ego is experienced as "self", the other constituting a unconscious "split-of part of the ego". After splitting of an *object* the emotional attitude towards the two part-structures is typically antithetical, one object being experienced as "good", the other as "bad". Splitting of both ego and object tends to be linked with denial and projection, the trio constituting a schizoid defence by which parts of the self are disowned and attributed to objects in the environment.

A primitive defense. Negative and positive impulses are split off and unintegrated. Fundamental example: An individual views other people as either innately good or innately evil, rather than a whole continuous being.

Vaillant setur splitting í 1. þrep ("psychotic").

SUBLIMATION (+)

Sjá Reaction Formation. Göfgun.

Transformation of negative emotions or instincts into positive actions, behavior, or emotion.

Vaillant setur sublimation í 4. þrep (mature).

SUPPRESSION / þrúgun! (+/-)

Einnig Thought suppression. Þess konar sjálfstjórn að meðvituðum óskum og hvötum er haldið niðri. Ekki sama og bæling sem er ósjálfráð. A mechanism in which the person intentionally avoids thinking about disturbing problems, desires, feelings, or experiences.

Suppression usually refers to conscious, voluntary inhibition of activity in contrast to repression, which is unconscious, automatic, and instigated by anxiety – not by an act of will.

Transformation of negative emotions or instincts into positive actions, behavior, or emotion.

Vaillant setur suppression í 4. þrep (mature).

TURNING AGAINST THE SELF (11)

Seems to be used only to explain moral masochism, the phenomenon observed most clearly in obsessional neurosis in which the patient directs his sadism against himself. The desire to torture has turned into self-torture and self-punishment.

UNDOING / ónýting (12)

A mechanism in which the person engages in behaviour designed to symbolically make amends for or negate previous thoughts, feelings or actions.

Sá varnarháttur barns, og stöku sinnum geðsjúklings, að láta sem tiltekinn verknaður ógildi fyrri verknað (og ekki aðeins afleiðingar hans), svo sem hann hefði aldrei verið framinn. Þetta er iðulega gert með árátta-þráhyggju og ritúalinu sem því fylgir. "Allt í plati!". "Unbreak my heart!". E.k. galdur.

A person tries to 'undo' an unhealthy, destructive or otherwise threatening thought by engaging in contrary behavior.

Valliant setur undoing í 3. þrep (neurotic).

WITHDRAWAL

Er fylgífiskur allra sjúkdóma, hér einkum sálrænna. Að draga sig inn í skelina. Að sleikja sárin. Meðan á þessu stendur verður viðkomandi barnalegri, hann bakkar í þroska. Getur átt við allan persónuleikann eða hluta hans. Öskustóin hlýtur að vera hér.