

DEFENSE MECHANISMS VS. COPING SKILLS

DEFENSE MECHANISMS

- A part of normal psychological development.
- Used by individuals to protect themselves adequately against real or feared threats (abandonment, rejection, humiliation, emotional pain).
- Keep unacceptable thoughts, impulses and wishes out of awareness either to safeguard the individual from excessive anxiety, to enhance self-esteem, or to protect the self.
- Can be good or bad.
- ***SURVIVAL-FOCUSED***

COPING SKILLS

- A part of normal psychological development.
- Used by individuals to adequately resolve issues when dealing with chaotic emotions, internalized expectations, external dangers and opportunities.
- ***SOLUTION-FOCUSED***