ID

Instant gratification, impulsive actions, subconscious selfishness

Ego

Balances id and superego and makes decisions based on advice from both

Superego

Moral compass, causes guilt, can punish self for not meeting expectations

Cathexis

ID's urging desire to release tension (regardless of consequence)

Anticathexis

Checking forces of Ego and Superego against release of tension

Reality anxiety

Fear of external world (ex. fear of darkness)

Neurotic anxiety

Irrational, instinctual fear, phobia, panic, can't be fled from

Moral anxiety

Shame from Superego, unable to be fled from (ex. criminal who wants to be caught out of guilt)

Irony

Virtuous person feels more shame than an unvirtuous person

Libido

Form of energy used by the life instincts (born in the ID, released by the guiding processes of

Ego and Superego

Displacement

Energy re-channeleled from one object to another, ex. baby sucking nipple transfers sensation to thumb sucking or cigarette smoking, doing another action to replace a now socially unaccepted previous action

Sublimation

Displacement in which substitute object represents higher cultural goal, ex. da Vinci painted Madonnas to express longing for his mother, doing something that is a representation of a something that is important to the person

Repression

Forces a dangerous memory, idea or perception out of consciousness and sets up barrier against it, could prevent a person from seeing something or distort what they're seeing

Projection

Method of releasing anxiety by attributing to external world, offers excuse for expressing their true feelings ex. saying "He hates me" instead off "I hate him"

Reaction formation

Masking hostility with love or kindness, phobias are examples of this; person wants what they fear

Fixation

Defense mechanism in which progression of stages of development halts, person may fear next step of development because of fear of hazards or hardships ahead

Separation anxiety

Fear and anxiety from leaving the old and familiar for the new and unfamiliar, leads to fixation if anxiety strong enough

Regression

Retreating to an earlier level of development, smoking, drinking, eating, destruction, losing tempers could constitute a minor level of this

Freudian Slip

Mistake of speech due to conflicting conscious and unconscious desires, ex. man who doesn't want to do the meeting accidentally declares it closed

Oedipal complex

A boy's unconscious tendency to have sexual strivings toward his mother, wants to replace father; this is soon repressed and boy learns to identify with father more

Castration anxiety

Fear of being castrated, comes from father and is used to repress sexual desires for his mother

Foot fetish

Said to be explanation for a man's obsession with shoes and feet when a baby boy looked up his mother's skirt and reasoned she was a castrated man