

# **Acting Out**



**PLAY PICMONIC** 

### Mechanism

#### Subconscious

Sub Con-Shoes

Acting out is a type of immature defense mechanism in which the patient is subconsciously coping with stressors using actions rather than reflections or feelings.

## Type of defense

## Immature Ego Defense Mechanism

Ego On Immature Lego

Acting out is a type of immature defense mechanism. Other important immature defense mechanisms are projection, splitting, rationalization, denial, passive-aggressiveness, and displacement. Immature psychological defense mechanisms are psychological processes that play an important role in suppressing emotional awareness and increase the risk of various medical conditions, as these patients are more likely to lead unhealthy lifestyles and use food and drugs to cope with external stressors.

### Result

## **Actions Rather Than Reflections**

Misbehaving Child