Displacement



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Mechanism

Unconscious
Unconscious Guy
Displacement is an unconscious defense mechanism, the shifting of emotions from one person to another happens fast and subconsciously.

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

Example

Redirection
Redirecting Arrows
The core feature of displacement is the redirection of emotions and actions from one person to a less threatening or neutral person.
Example 1: A father who is angry at his opponent redirects his negative emotions onto his child.
Example 2: A mother who wants to shout at her husband shouts at her child instead.

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