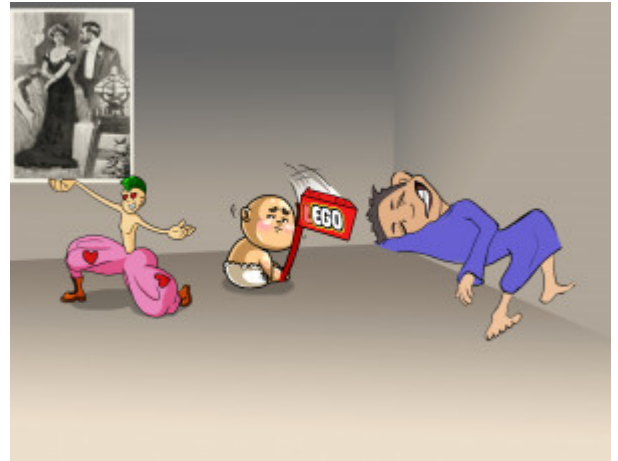


Idealization



PLAY PICMONIC

Mechanism

Unconscious

Unconscious Guy

Idealization is an unconscious process driven by the drive to cope with emotional stress.

Immature Defense Mechanism

Immature child with Ego-lego

Idealization is a type of immature defense mechanism; Other important immature defense mechanisms are projection, fixation, displacement, splitting, dissociation, 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

Idealization

Guy with impressed love eyes

Idealization is a defense mechanism that protects the individual from conscious feelings of ambivalence toward the idealized person. This is an unconscious process that is characterized by the expression of extremely positive thoughts of self or others while ignoring negative thoughts in order to create a perfect image of the idealized person.

Example: A resident physician boasts about his attending and his accomplishments while ignoring any flaws.