

## Splitting



PLAY PICMONIC

### Mechanism

#### Unconscious

##### Unconscious Policeman

Splitting is an unconscious process that happens due to the inability to integrate the dichotomy of both positive and negative qualities into a cohesive, realistic whole.

#### Immature Ego Defense

##### Immature baby with ego-lego

Splitting is a type of immature defense mechanism; Other important immature defense mechanisms are projection, isolation of affect, identification, idealization, fixation, displacement, dissociation, rationalization, acting out, passive-aggressiveness, repression, 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.

### Association

#### Borderline Personality Disorder

##### Borderlined Person with Purse-onality Disordered

Borderline personality disorder is characterized by chaotic relationships, labile mood, and fluctuating attitudes toward other people. They have poor self-image and chronic feelings of emptiness. Fear of abandonment prevents them from maintaining stable relationships. Common personality traits include splitting and anxiety. Self-destructive behavior and suicidal thoughts are classic manifestations of this disorder.