Sublimation



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Mechanism

Mature Ego Defense
Mature-guy with Lego
Sublimation is one of the mature ego defense mechanisms.
Mature ego defense mechanisms are commonly found among emotionally healthy adults. They are conscious processes, adapted through the years in order to optimize success in human society. Other mature ego defense mechanisms are altruism, anticipation, humor, and suppression.

Unconscious
Unconscious Guard
Sublimation is usually an unconscious process, even though it is a mature ego defense mechanism.

Example

Socially Acceptable
Accepting-people
People demonstrating sublimation are replacing an unacceptable impulse with an action that is similar to the wish at its core but is also socially acceptable.
Example: A child's aggression toward his parents because of their negligence, is channeled into excelling in mixed martial arts.

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