

Key Concepts for a Freudian Psychological Lens

Isolation: Understanding something that should be upsetting but failing to react to it. The person thus isolates an event or stimulus, separating it from his or her feelings.

Intellectualization: Analyzing and rationalizing rather than feeling and reacting. The topic isn't forgotten or ignored; it's just turned into an intellectual issue.

Repression: Selectively forgetting about what is troubling.

Projection: Denying thoughts and feelings by attributing them to someone else.

Displacement: Shifting an emotion from its real target to another one. Usually, a threatening, powerful target is exchanged for a safer one.

Denial: Falsifying reality.

Reversal: Asserting the opposite of truth, turning an emotion around.

Reaction formation: A pattern of behavior that repeatedly reverses the truth; an obsessive kind of denial.

Id: just cares about its own satisfaction.

Ego: based on reality. Understands other people have needs and desires, and being impulsive or selfish can hurt in the long run.

Superego: 'conscience'--morality dictates our beliefs and what's right and wrong.