

Conflict and frustration

Needs : term referred to deficiencies

Motive (drive) : internal state result from needs which activate behavior to reach the goal .

Instincts : it is referred to the innate biological needs and behavior that predispose the organism to act in a certain way.

Conflict : arise in a situation where two or more needs or goal compete and cause an organism to feel to be pulled in different direction .

Type of conflict .

1. approach –approach ,conflict .
2. app –avoid .
3. avoid-avoid .

Frustration

Emotional state appear when obstacle interfere with our needs or goals. Needs →

obstacle

 goal

Defense Mental Mechanism

It is to get rid of frustration .Originally by Freud and elaborated by Anna Freud .

- it in unconsciously ,

Immediate D.M.M

1. Anxiety : Tension
2. Aggression
3. Fantasy .
4. Regression

Remote M.M

- 1. repression**
- 2. Suppression**
- 3. Rationalization**
- 4. Reaction formation**
- 5. Projection**
- 6. Denial**
- 7. Displacement**
- 8. Compensation**
- 9. Substitution**
- 10.sublimation**

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