Id/Ego/Superego - “On a Break” explained

**Id** - desire, pleasure (sex, stimulation, enjoyment) and/or power (control, aggression)

I want what I like now, I want it done my way

**Superego** - Set of rules to about appropriate way to get needs met, appropriate feelings to have and express.

**Ego** - uses defense mechanisms to balance id and superego

Christine’s interview about breakups is a good example of how the id, superego, and ego are evident within defense mechanisms. One couple got in a fight and broke up although it was their tendency to get back together in the near future. However, when the girl was asked why they broke up when they knew they were going to get back together, she replied, “It’s not necessarily breaking up, we’re just really on a break.” This is the primary conflict that exhibits some rationalization and some reaction formation. The rationalization makes the situation seem less serious by labeling it as a “break” rather than a breakup (softens the emotional and social blow of an actual breakup). It also adds a little more stability in the relationship in the eyes of their friends and other onlookers. This creates a second conflict that may arise from the original tension (preserving the way others view this relationship and the individuals involved in it). If they’re on a “break,” she doesn’t have to justify and explain their breakup to whoever asks. Also, a little reaction formation appears since the girl is upset and wants distance. However, although she is mad she still likes him because she doesn’t want to fully “let him go” by actually breaking up. This is an example for the id’s desire for control. The superego enforces this desire for control by creating rules for this “break.” The boy can’t see other people and still has to call once a day. He also can’t date other people. The ego tries to balance these two pieces during this “break” by creating the desire distance that the girl wants while maintaining control by avoiding an actual breakup.

Id/Ego/Superego fill in the blanks.

CHAPTER 15 PSYCHOANALYSIS

When I was a child I would always run away and isolate myself when I felt sad or loss so that people wouldn’t see me cry. The ____ of this is that I did not want to be made fun of or embarrassed for crying. The _____ says “running away is ok, other things are not.” The ___________ part was the actual running away and isolating. This stayed in the ________ because I realized that if I isolated myself I didn’t have to worry about people making fun of me. As I got older I still felt the need to isolate when feeling sad or lost, but the ______ changed and balanced that out in a different manner. As an adult I became aware that it is not acceptable to literally runaway and hide. This was my _____________ that told me that it was no longer o.k. and this type of behavior would not be accepted among my peers. The ____________ part then created the balance to allow this behavior without being shunned. I now could isolate myself emotionally while among my peers and co-workers. The stone wall and the plastic face come in hand when you don’t want people was going on inside. This is the new defense mechanism that
the ________ has balanced out. The consequence is that I have forgotten how to cry. Whether you runaway literally or you run away emotionally, one day your going to forget your way home.

**Two Defense Mechanisms for Same Situation**

Chapter 13 – Stress and Coping

An example of anxiety I’m going to use is someone feeling too fat from eating a double cheeseburger, (doesn’t matter what the body type is). The id part would be telling you to eat the burger no matter what because it tastes so good, so who cares if it can make you fat. The superego part would be telling you that the double cheeseburger is high in calories, fat, and sodium, and all the grease it contains can clog your arteries, so you shouldn’t eat anything that is not good for your health, even if it’s once an a while, and it can fatten you pretty quickly.

A defense mechanism they could use to cope with the anxiety would be rationalization. They could tell themselves that they were too hungry now and the fast food joint was easily accessible, and that they don’t have to feel guilty because they eat fast food only once and a while and as long as they keep it that way and make sure that they burn off the calories later, it’ll be just fine.

A second, less healthy way of using the rationalization defense mechanism that they could reason to themselves that it’s not their fault that fast food is so accessible and, well, prepared pretty fast, and that they were hungry right now and couldn’t wait for a quality meal because preparation would have taken so long and since they can have the fast food now, they will have more time for other tasks. They would also probably think that it isn’t their fault of healthy food tastes bad. If they use this reasoning all the time, they would probably end up eating fast food too much and get health problems later.