

## Coping Strategies by Illness:

- ❖ Worry
- ❖ Sozial engagement (I go out with friends)
- ❖ Search for information (what does other do)
- ❖ Religious practice (pray)
- ❖ Avoidance (it is not that bad)

## Defense Mechanism

### *Immature:*

Project my own feelings on others

Denial (e.g. not to accept an illness)

Transfer (The anger towards the boss is transferred to the spouse)

Avoidance (To avoid confrontations with unpleasant situations)

Cleavage (To cleave the world in black or white)

Regression (To withdraw on a previous developmental stage)

### *Mature:*

Altruism - to help others brings me pleasure

Humor - to go through pain with jokes

Sublimation - Unacceptable impulses are converted into i.g. port)

Suppression - to suppress the reaction

Identify - To identify with the opinions of others