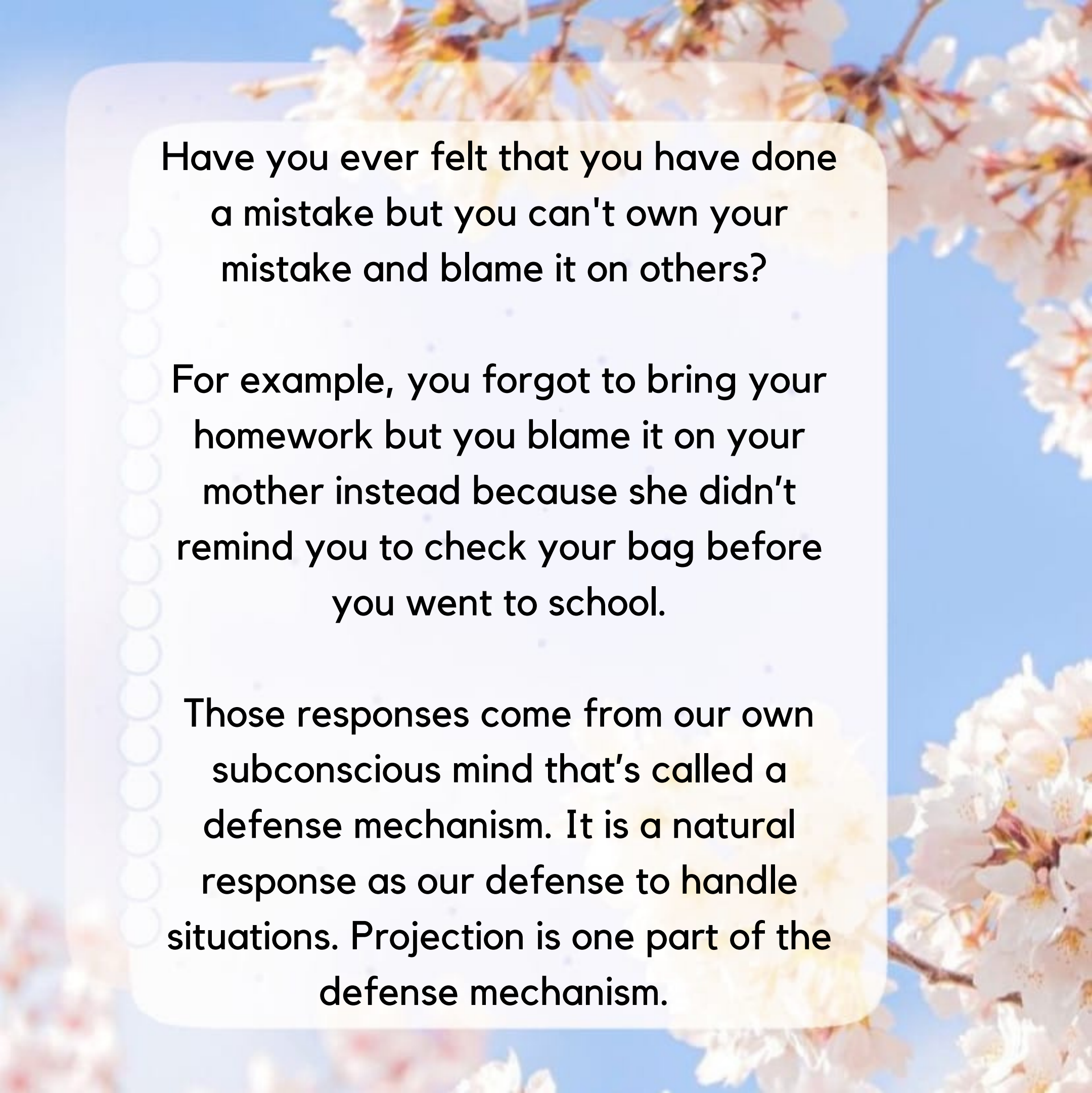




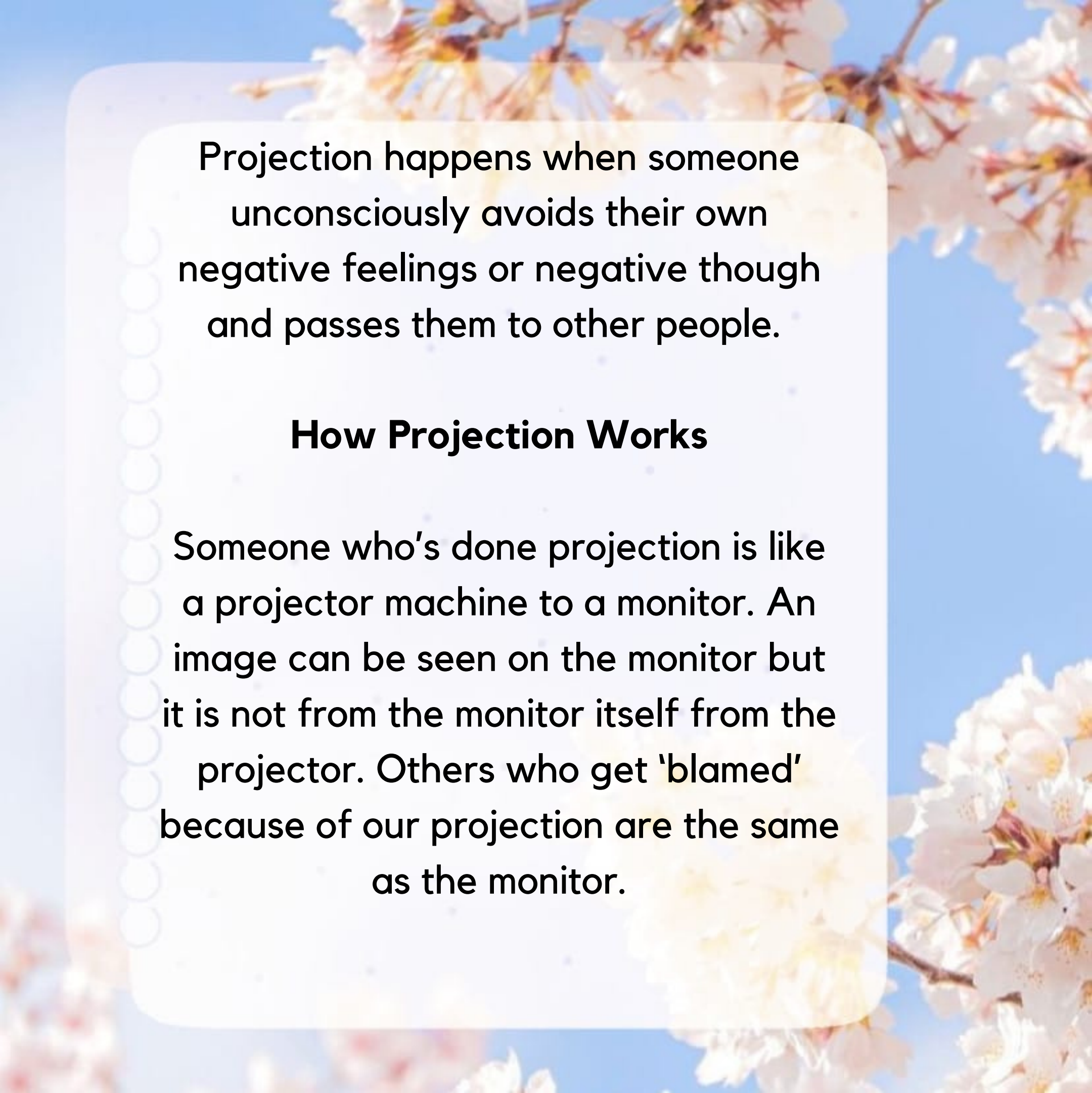
DEFENSE MECHANISM: PROJECTION AND HOW IT WORKS



Have you ever felt that you have done a mistake but you can't own your mistake and blame it on others?

For example, you forgot to bring your homework but you blame it on your mother instead because she didn't remind you to check your bag before you went to school.

Those responses come from our own subconscious mind that's called a defense mechanism. It is a natural response as our defense to handle situations. Projection is one part of the defense mechanism.



Projection happens when someone unconsciously avoids their own negative feelings or negative thought and passes them to other people.

How Projection Works

Someone who's done projection is like a projector machine to a monitor. An image can be seen on the monitor but it is not from the monitor itself from the projector. Others who get 'blamed' because of our projection are the same as the monitor.

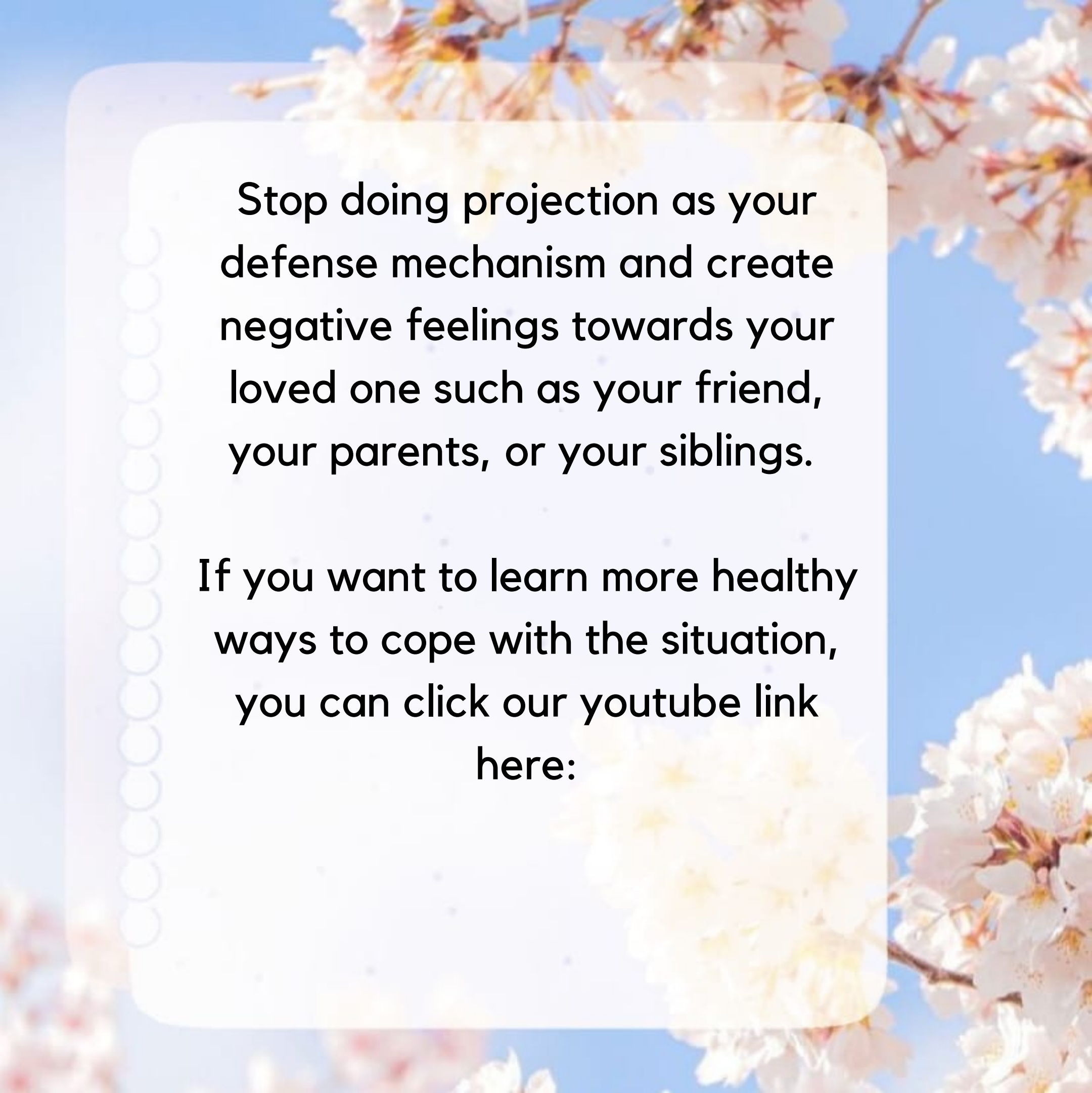


How come the projection happened?

Projection happened when someone feels inferior to others. So they do this projection to avoid the uncomfortable feelings they had. They try to 'protect' themselves from their own negative thoughts and feelings.

Negative Impact from Projection

When someone has done projection, they become doubtful of what's really happening in reality. Because they always find their own target to release their own negative emotion and thoughts it became their own norm that they were always right and others were always wrong.



Stop doing projection as your defense mechanism and create negative feelings towards your loved one such as your friend, your parents, or your siblings.

If you want to learn more healthy ways to cope with the situation, you can click our youtube link here: