

**EGO – PROTECTIVE
ONE – PERSON DEFENSES**

vs

**SELF – PROTECTIVE
TWO – PERSON DEFENSES**

1

1

PLEASE NOTE THE CRITICAL DISTINCTION BETWEEN
EGO – PROTECTIVE ONE – PERSON DEFENSES
RELEVANT FOR MODEL 1
AND SELF – PROTECTIVE TWO – PERSON DEFENSES
RELEVANT FOR MODELS 2 AND 3

**ONE – PERSON (OR INTRAPSYCHIC) DEFENSES ARE MOBILIZED
BY AN EGO – MADE ANXIOUS – ATTEMPTING TO PROTECT
ITSELF AGAINST THE THREATENED BREAKTHROUGH OF
DYSREGULATED AND ANXIETY – PROVOKING ID DRIVES**

WELL – KNOWN INTRAPSYCHIC DEFENSES
**REPRESSION – INTELLECTUALIZATION – RATIONALIZATION
COMPARTMENTALIZATION – REACTION FORMATION**

**MOBILIZATION OF WHICH WILL GIVE RISE TO
INTERNAL / STRUCTURAL / NEUROTIC CONFLICT**

**HERE THE IMPORTANT RELATIONSHIP IS THE ONE
THAT EXISTS BETWEEN THE EGO AND THE ID**

MODEL 1 INVOLVES THESE ONE – PERSON DEFENSES

2

2

BY CONTRAST
**TWO – PERSON (OR INTERPERSONAL) DEFENSES ARE MOBILIZED
BY A “SELF” – MADE ANXIOUS – ATTEMPTING TO
PROTECT ITSELF AGAINST BEING FAILED BY THE OBJECT**

LESS WELL – KNOWN, BUT JUST AS IMPORTANT, INTERPERSONAL DEFENSES
**THE NARCISSISTIC NEED FOR VALIDATION BY A MIRRORING SELF OBJECT
THE NARCISSISTIC NEED TO FUSE IN FANTASY WITH AN IDEALIZED SELF OBJECT
THE MASOCHISTIC DEFENSE OF RELENTLESS HOPE
THE SADISTIC DEFENSE OF RELENTLESS OUTRAGE
PROJECTIVE IDENTIFICATION
THE NEED FOR OMNIPOTENT CONTROL OF THE OBJECT**

**ALL OF WHICH ARE TWO – PERSON DEFENSES MOBILIZED TO
PROTECT THE VULNERABLE SELF FROM BEING FAILED,
DISAPPOINTED, ANNIHILATED, OR DESTROYED BY THE OBJECT**

**NOW THE IMPORTANT RELATIONSHIP IS THE ONE
THAT EXISTS BETWEEN THE SELF AND THE OBJECT**

MODELS 2 AND 3 INVOLVE THESE TWO – PERSON DEFENSES

3

3