

**EGO – PROTECTIVE
ONE – PERSON DEFENSES**

vs

**SELF – PROTECTIVE
TWO – PERSON DEFENSES**

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

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
