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Defense mechanisms operate at an unconscious level and help ward off unpleasant feelings (i.e., anxiety) or make good things feel better for the individual. Ego-defense mechanisms are natural and normal. When they get out of proportion (i.e., used with frequency), neuroses develop, such as anxiety states, phobias, obsessions, or hysteria.
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Obsessive compulsive personality disorder - defense mechanism: Reaction Formation: emotions and impulses which are anxiety-producing or perceived to be unacceptable are mastered by exaggeration (hypertrophy) of the directly opposing tendency
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