

**Human Adjustment Processes**  
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**Module - 4**  
**Lecture - 6**  
**Human Adjustment Process**

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Task-oriented Reaction Patterns

|                             |  |
|-----------------------------|--|
| Attack                      | Removal of obstacles   |
| Frustration & direct action | Increase in activity & variation in response when encountered                |
| Conflict & choice           | Analyzing advantages & disadvantages of options for making informed decision |
| Pressure & resistance       | Resisting undue pressure   |

Well yesterday when we were talking about the task oriented reaction patterns, we talked about attack and frustration and direct action conflict and choice and pressure and resistance; 2 important task oriented reaction patterns are.

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### Task-oriented Reaction Patterns

|            |
|------------|
| Withdrawal |
| Compromise |

Withdrawal and compromise know. Withdrawal as you know would be the tendency wherein you decide to know draw yourself back from the engagement. And compromise would be at you go for an option, which wasn't your choice withdrawal and compromise deleberately know you find that it has been left blank here. Because once we complete this unit; the next unit would be exclusively dedicated to withdrawal and compromise.

The reason being that out of the 6 different types of task oriented reaction patterns that, we see here 4 of them know are of course, used by all of us, but withdrawal and compromise happens to be the most dominant pattern that is seen by in large in all of us and because it has multiple dynamics attached to it therefore, we would also be discussing withdrawal and compromise at length in the next module.

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### Damage-repair Mechanisms

|                       |
|-----------------------|
| Crying                |
| Talking it out        |
| Laughing it off       |
| Seeking support       |
| Dreaming & Nightmares |

We now come to another type of mechanism what is called as damage repair mechanism. Now, the guiding principle for the damage repair mechanism is: that while executing a task in a given situation your ego has been hurt. Now, the insult that is created to the ego there is an attempt to heal it. So, all these damage repair mechanisms are primarily intended to heal the wound that has been created to the ego fine.

The first damage repair mechanism is crying: crying basically, know you can look at it from know more than 1 prespective; one is that there is a state of sadness, sadness is 1 of the basic emotions there is a state of sadness and crying is triggered by that state of sadness that is 1. Second and most important is that, when you start crying you basically try to regain the equilibrium the state which you were in before you started crying after completing this period of bereavement.

So, there is something to be bereaved about and this whole process of bereavement encompasses crying as a pattern of behaviour. Once that state is over you feel somewhere, within soul less that is the, state of achieving emotional equilibrium. Usually when you see people crying you would realize that, know there is a span between which they can cry know it is not that you can endlessly cry. There could be periodic states know.

So, you cry for some time then there is an absolute you know silent for some time and once again, you start crying that could be a possibility. Say if you take the example, of

crying where intense bereavement is involved say for example, 1 of your parent dies. This is a extreme state of bereavement and here crying could be periodically visible know. So, after lapse of certain time once again you recollect some past memories and that makes you cry. If you are in a little know less intense type of a situation that has triggered crying could be that you cry and then you overcome it ok.

So, this is know one of the damage repair mechanisms where, an insult is created you are hurt you are hurt makes you feel sad it makes you cry. Once you have completed that cycle you feel as if you are know, somewhere saturated to certain extend in terms of your emotional hiccups that you were experiencing and hence you regain your state of emotional equilibrium. But in terms of social acceptance of crying there is a difference.

The difference is that crying is most commonly seen in children; they can cry for each and everything that they want. It could start with no desire to have milk or desire to have food 2 it could be anything know you want the sun, you want the moon and you can cry for it you can throw your tantrums children know they enjoy this privilege. But once you start growing up then there are you know social ways of interpreting your crying behaviour.

So, now, as boys, if you cry after a particular age people will start telling you that you cry like girls. And the moment you are told that you cry like girls this means; there is a social distinction that girls can still enjoy the privilege of crying boys know have been withdrawn this facility. Now, once you decide that this facility is withdrawn from the boys this means; that there is some know epical limit of crying behavior for the male child whereas, females can enjoy you know crying at all stages of life ok.

If the maybe, if time permits later on I will show you that there is a pattern of crying also in different culture people cry in a certain pattern. And I have some visuals with me which basically, know shows say for example, in a tribal community, women who has lost 1 of the family members how she cries know and there is some type of rhyming you know. So, she speaks out something in a rhyming order and that is also the state of crying.

In another condition you know create the loudest of the voice and that is you know simultaneously, supported by shedding of tears that is crying in certain states you just keep quiet and that is also you know you simply tears roll down that is also crying. And

very interestingly there is a pattern there, but primarily instead of looking at the pattern of crying what we are primarily interested in is the fact that crying acts as a repair mechanism for the damage that has been caused to the ego.

The second interesting damage repair mechanism is: talking it out now talking it out is basically, repetitive talking to others about some experience which basically, I had and that experience has caused the great degree of damage to your ego it has created an insult to your ego. Now, what happens in the case of talking it out, is say for example, somebody makes an entry into the room right now. And I say, is this the time to come? It is 10 past 8.

So, go out of the room; you feel humiliated you feel that there is somebody you know who has been coming thrice or 4 times he has come here know 10 15 minutes or even 2 days after 20 minutes but you did not say anything why was it me the fact that now, people would identify you that he was the 1 who was asked to leave the class is a great insult to your ego. Now, starts the process of talking it out you talk to others what did he teach today, I know he talks only rubbish.

These are all common sensical things, even I can say even much better things than him I do not know why such courses are there, I do not know why such instructors are there, I do not know x I do not know y many things you will be attaching to it. Every time you do that, there is some degree of satisfaction that you derive out of it; remember 1 thing that talking it out about the individual would simply mean, that you talk negative things about the source of insult to your ego it cannot be positive. And the more and more you talk about the cause of the insult to your ego the more and more degree of satisfaction you derive.

Now this is what happens superficially. Psychologically what happens; every time you start narrating to somebody say: the lecture is over I of your friend walks out and you ask him. So, what happened today I know he would be talking only these things every day, it is the same example every day, it is the same concept only words are different at times. But, I think when you know if am told to talk about it, I can talk much better than him bad appearance, bad sentence composition, bad you know elocution, bad at pronunciation all types of you know negativities.

Now, once you do that exercise basically, what happens the experience that you had

when the moment, when you were you were asked to leave the class that flashes back to you and the tension that you had experienced, within when you were asked to do that and you executed the task that whole physiologically that entire experience gets reactivated ok. The phase is over, you meet somebody else on the way towards your hall of your residence.

You say oh you know today eight o'clock morning, I went there, I was 10 minutes late and this man tells me go out of the class; who is interested going in to the class, I just thought it was raining outside therefore, I came inside. Now, there could be a different way of narrating the whole story. But primarily what psychologically happens is: that this experience of yours that, you are asked to leave the class gets reactivated within you.

The entire sense that you, had the tension that you had within that gets reactivated again third time you go back for lunch and again you talk to couple of your friends. Today this is what happened to me, you keep on keep on talking to people about the same experience time and again ok. Now, more and more you talk about it; more and more your psychologically and physiologically you attain the same state that you experienced in the class.

This leads to what is called desensitization. Desensitization is that gradually, your physiological mechanism, your psychological mechanism does not reach the level that initially reached for a given stimulus, because you have been over exposed to it. For example, say imagine of a police cop; who for the first time had seen a dead body. Perhaps he would have experienced 2-3 sleepless nights. But, then over period of time you see so many mutilated bodies, dead bodies all types of crime scenes; that this is no more a source of tension for you.

It is just 1 of the new case for you. This is what is called as desensitization ok. Take another example, when for the first time you saw the news that there was a bomb blast in particular area say in Jammu and Kashmir there was, a bomb blast you know this news attracts your attention. Now if you hear it time and again time and again whether, there was a blast or not you do not care, because you do not belong to that area that is simply a news item for you; you do not care for such things. Rather I have heard people you know jokingly say there has been 3 days and there was no news of a bomb blast in J and K.

This is basically an indicator of desensitization. Desensitization is you know 1 of the

steps that is attained, you know in the in 1 of the psycho therapies called behaviour modification technique. Now behaviour modification involves couple of steps, we are not going into the details of it, but to 1 of the steps involved in the behaviour modification technique is: that you expose a person repeatedly to the same stimulus that is a cause of problem for him or her to the level that finally, the person concerned gets desensitized out of it ok.

If you read how know the behaviours, they can forward with learning theories the classical and the instrumental conditioning theories and if you also see how behaviour modification technique evolved as 1 of the therapeutic interventions. You will find know great degree of discussion on desensitization. The word there you would find is systematic desensitization. Because systematically, it is introduced to you here because you are doing it to yourself and you are not aware of the technique and you do it unknowingly.

But, in that process, you also desensitize yourself. Now what happens, if you desensitize yourself time and again talking about the same experience with different shades to the story? Every time you know you desensitize yourself and finally, you come forward with an experience that you find cozy enough to be integrated with your other experiences. And therefore, you integrate into self structure and you say that you know I have been 10 pointer all through, I attend classes, I do bunk, but I would not call it bunking its basically you know not attending classes, which are not interesting.

But once in my life it happened, you know that I was asked to leave the class. Now, it has been structured well with your earlier experiences; that is no more cause of insult for you. This is what talking it out does. All of us for certain things do apply this technique know, we do go for excessively talking about the same experience; to multiple sources time and again time and again we do that and in that process we get desensitized to it. I am sure any 1 who says that, I have never used this as a technique.

We all do that, but there is a beauty in it; when you do it basically, you retain the integrity of your ego because once damage is caused to your ego it could be great cause of concern know. Because it could lead to certain type of psycho pathology you safe guard yourself by using this technique. Now, we come to the third technique what is called as laughing it off. Laughing it off basically you know is a process, where you have

an experience and you just you know laugh it off, you laugh and you say oh what type of thing is this. But basically, you elevate your emotional tension and also you know see this experience in a much broader perspective.

For say you remember that famous song of a film from a film of Dev Anand know; so, it is that type of a thing know that you have really a cause of concern. But, instead of getting concerned over the issue, you just you know laugh and shed it off, but this laughter is not basically, intended to shed off the experience, but this is basically because you are able to analyze this experience in a much broader perspective ok. Say for example, somebody in a given context you know comments at you and you look at it at a much broader perspective and you know the reason, why he said what he said.

Now if you are able to look at it from that angle and the you see how mean that person was at who thought this way and passed on this comment unless and until you are in a position to know see really things from that, broader perspective know this technique usually will not be utilized ok. In terms of usage crying for example, is too generously used of course, there is a social moderator which does not allow men to cry in public.

There are also been research has shown that, there is pattern in terms of know age depending usage of crying as a technique; people in their middle age and afterwards, men cry more than compared to men in their earlier phases. So, childhood everybody cries and then comes your know early, adolescent period when you cease to cry. And then it is your you know middle life, when you start using it to certain extent and later on again relatively more usage of crying women over all there can continue doing that.

Laughing it off comparatively you would realize, that this is not used generously as a damage repair mechanism. The reason being perhaps that most of us are not capable of analyzing, an event in a very broad perspective and unless and until you are able to do that laughing it off is not possible, but remember 1 thing even though you laugh psychologically your emotional tension that, you had experienced is again you know retained. So, it gets reactivated even though you are laughing it off.

Therefore, 1 of the dangers with this technique is that, in case you had experienced and you start laughing it off. If this technique fails in that situation, it can lead you to burst into tears am sure it is very difficult to have a real life situation, where you see people like this. But, very seldom you will come across you may come across people who at 1



point had shown this as a damage repair technique.

The next damage repair mechanism is: seeking support this is basically, you know you cling to derive affection and companionship and regain your state of equilibrium. So, basically say I am in trouble damage has been caused, I approach a person, who I confide in it could be 1 of my parents, it could be one of my siblings, it could be 1 of my friends at times it could be 1 of the inanimate objects you go and talk to your teddy bear what mother did to you. Adulthood say you go and talk to a god, whom you worship and you convey the your entire pain and suffering to him or her.

So, basically all you do is: that you try to gain a companionship, the person who would definitely provide the shoulder to you want to cry you want to share your experience. How insulting it was, how damaging it was to your ego and all your companion has to do is to provide a shoulder that fine. This is my shoulder you can rest on it. Now say whatever, you want cry how much you want and this is how you attain your affection you try to attain your state of equilibrium that, there is somebody who will certainly not reject me.

So, that is seeking support. And the last damage repair mechanism is dreaming and nightmares. Now here, what happens you do not now, practice something in your state of conscious awareness rather you again try to desensitize yourself to a traumatic experience. So, that it is accepted as an event of the past and once again integrated into yourself structure; without undue disruption. Now, if I realize that the person whom I confide in, perhaps might not extend the shoulder to me to share and cry, because of certain reasons then I do not have anybody to share the that experience way ok

The possibility could be that; I have you know either a direct representation of my real life experience or a symbolic representation of that in my state of sleep. When as a content of dream I, visualize those things. And once I regain my consciousness after I wake up I accept it as a content of dream, but then still it is very satisfying am sure you know; the dream set you see if they are not frightening that does provide some certain degree of satisfaction to you that, because you have an state of imaginary achievements there or a state of imaginary suffering you say oh god it was only a dream fortunately, it did not happen in reality ok.

Now, certain types of dreams where say let us take the same example when you were

asked to leave the class and you found it very insulting. It could be very direct representation in the dream, that you were asked to leave the class and the moment you started walked down the 2 stairs that you have in the class; rest of the class stood up and said no we want him to sit in the class. If anybody else has to go you please leave the class, but my friend he cannot leave the class. You say this could be an imaginary way of achieving what has been done to you.

The source of insult to you is now, asked to do what he instructed you to do; what was the cause of damage for you ok. But there could be another way of looking at it say for example, if you are a person who is much more value oriented; then you might start having a sense of guilt see I have I did. So, and I was asked to leave the class and see how mean; I am even in dream I saw this. And my dream suggested that, the instructor should leave the class this is too mean of me.

If you are no guided by such type of value orientation, then the content of your dream might change instead of having a very direct representation, you may have a much more abstract representation of the experience. You saw that you are riding back to your hall of residence and you saw a buffalo lying on the road was, hit by probably a vehicle some wounds a long tongue coming out of the mouth. And you just saw know that a small bird came there and sat on the dead buffalo and started chirping and next morning you wake up and you say what type of absurd dream was this.

I see a buffalo on the road, I see a sparrow sitting over the buffalo and chirping you never realize that, the instructor was the buffalo and you were the sparrow. And great degree of damage that could be caused to the symbolic conversion and great degree of joy that you could derive again out of a symbolic you know representation. That you see in the dream you never understood what it was, but then it was satisfying. This is how you know dreams and nightmares they work.

So, these are basically the damage repair mechanisms; which are basically tailor made to damage the sorry to repair the damage that has been caused to your ego and once you apply this technique you realize that you have been able to attain a state of integrated ego structure that, you earlier had with you and its nothing like good or bad in terms of using this know these are all basically guided to safeguard you from getting into the trap of 1 or the other psychological problem.

Because you had an experience, which you did not have a control over and therefore, a mechanism was needed to help you regain your earlier state. So, that you do not know flow towards the direction of pathological behaviour, and therefore usage of any of this techniques is not at all detrimental it is perfectly normal to use this techniques.

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## Defense Mechanisms

Now, we will come to the last set of mechanisms that, we were supposed to discuss as part of this module where we would be talking about defense mechanisms. The difference between, the damage repair and the defense mechanism primarily is that the damage repair mechanism are adopted after the damage is caused to the ego whereas, defense mechanisms are know mechanisms; which are used by individual anticipating the damage. So, in reality the damage has not been caused, but you somewhere, perceive that a damage could be caused and in order to safeguard your ego you put these defenses before act ok.

So, it is the equivalent to say walking with a bodyguard it is not that somebody has planned to kill you or somebody is coming to kill you it is basically, that you perceive a danger and that perception makes you move along with a large number of bodyguards. So, it is equivalent to that, second and technical distinction, between these 2 mechanisms are that defense mechanisms are all unconsciously used. So, even though you might be using this as a technique in a given situation you consciously never will admit that this was a defense because this is unconsciously used.

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|                             |  |
|-----------------------------|--|
| <b>Denial of reality</b>    | Refusal to face unpleasant reality                 |
| <b>Fantasy</b>              | Gratification through imaginary achievements       |
| <b>Repression</b>           | Preventing painful thoughts to enter consciousness |
| <b>Rationalization</b>      | Proving one's behaviour as justified               |
| <b>Projection</b>           | Blaming others                                     |
| <b>Reaction formation</b>   | Expressing opposite attitude and behaviour         |
| <b>Displacement</b>         | Emancipation of pent-up feelings                   |
| <b>Emotional insulation</b> | Withdrawing into passivity                         |

The first defense mechanism is denial of reality. Denial of reality primarily means; that it is meant to protect you, from some unpleasant realities. So, you basically you know refuse to perceive the problem or you simply refuse to face it and this is how you protect yourself. If you have example share it with us.

I know of a person who has been into smoking since his college days; his old mother now stays with him. And the mother till date pretends that she does not know that the son smokes. This could be 1 of the examples, of denial of reality because you have tried your best to groom up your child in a particular way. The very fact that your child has been smoking right when he was with you during the college days makes you feel that perhaps you failed know giving the best that you could have done as a mother.

Hence in order to protect that structure, you simply pretend that fine I am very sure my son can never do that ok. You simply you know do not accept it, simply because the reality is unpleasant and this unpleasantness somewhere is associated with you. So, you would somewhere feel that know I could be held responsible for the unpleasantness that is imbedded in this situation and hence what you do is you simply refuse to perceive it ok. Then comes second interesting defense mechanism fantasy.

Now, fantasy is basically you know a technique where 1 gratifies frustrated desires, by certain imaginary achievements. Fantasy could be know of a usually put it on a continuum when you have the day dreaming. Day dreaming usually is know when in a

conscious state you keep on keep on visualizing and know fabricating the whole content of a given situation the whole episode you can do that that is day dreaming, but if that intensifies that is what is called as fantasy.

So, in fantasy you have imaginary achievements, but those imaginary achievements are extremely gratifying as if you have really attained it. Say for example, you appeared in the exam, you are end sem exam and say you somehow thought that you would be the ten pointer and you are definitely going to get the president medal this year and then you know with that full of that feeling you sit there in the convocation hall to realize its somebody else name has been announced great; degree of frustration for you.

Then you could have some imaginary achievements ok. You fantasize your fantasy know tells you that somebody else name has been announced and he goes there the chief guest the guest of honor know confers the award to him, he comes down, he celebrates there are people who know come to you who express their know sense of sorrow to you that you did not get it, but definitely you were the 1 who actually deserved it and next day there is no corrigendum published in the newspaper saying that: the name of the person concerned who was given this medal was mistakenly know announced.

So, the actual recipient is you. So, full celebration to the actual recipient and then there is a twist in the story you know. So, your name is published and this was 1 column news the corrigendum was much more bigger and then the board decides that, we will have a re convocation and in this re convocation only you will be invited and given this award ok. And you could add all types of flavors to it you know, you were very sad and you were going back to your hall; when this whole cavalcade came to you and said oh hold on hold on we want to take you back to the ceremony ground this medal actually belongs to you.

So, know this is a whole story in fantasy it depends on how stronger is your visualization capacity. And what actually you want to attain, there could be certain fantasies which can live longer with you. There could be few episodes which has shorter life span situations, where you visualize for some time and done and in the other state it could be situations, where you really you know stay with your fantasy you repeatedly fantasize it till there is a greater degree of satisfaction that you derive out of it.

Then we come to the third defense mechanism repression. Repression is basically, a very

different type of a technique what it does is, that it somewhere, acts as a block which will not allow the painful the dangerous desires to enter into your conscious awareness, but what it basically does is; that it will help you put that entire experience in a black box which will never ever be available to you see understand. We will understand 2 things which are closely associated with repression one is that you encounter the situation, you have a conscious experience of what actually happened and that is your experience.

You thought of something, you had some experience and you do not want it to resurface again. The dangerous desire or the experience that you have is known to you and you know deliberately cover it up and put it in a corner never ever try to visit it that is the mechanism of suppression you have suppressed your desire ok. Now, in otherwise you know real life experience, you are aware of your desire, you express your desire, it is partly fulfilled might not be fulfilled that is 1 state.

The second state when you are very aware that this a dangerous desire and therefore, you cover it up you do not try to open it up anytime, but you are aware of your desire and your also aware that, I have tried to cover it that is the state of suppression. Repression is a state where you had the desire, but you never ever came to know about it, because this was repressed before it is like say you have the soil you have sown the seed and before the seedling sprouts you again you know cover it up its equivalent to that. So, before the desire sprouts up there is another layer which does not allow the seedling to sprout.

So, the desire will never ever surface you will never consciously be aware that this was 1 of my desires because you have repressed it and why did you repress it unconsciously simply because, you thought that this is a painful experience or it is a dangerous desire and it will hurt you like anything if it resurfaces and therefore, you just cover it up ok. Then comes another interesting defense mechanism that is rationalization.

Rationalization is basically, a technique where, the attempt is made to prove that what I did is justified and therefore, it is worthy of the approval of myself you should also approve it and over all the society should also approve it. This is popularly called as that sour grape episode you know that happened to the fox in that famous story. So, you try to plug in you know the gaps that you find in terms of your action and what was anticipated and your all attempt is made to prove that this is a justifiable act ok.

If I ask those of you who come late to the class, why do you do that? And especially if I

say that know there are there is probably a visual record of who came late by how much time? And then am sure all of you will have stories to say: why you were late. And how if I say that fine now from tomorrow onwards dot at 8 the gate will be closed and no one will be allowed to enter the room, you will have justification know that why although you said this, but why you should be given know a waiver from this class ok.

Its equivalent to first assignment then when the day it was announced that do not submit it anymore 3 4 of you came here to justify that how important, it is for you to resubmit it yesterday I made the announcement that second sem do not submit it anymore still I received 2 minutes and finally, I had to write a mail to all of you that no more submissions. There is no always a tendency in us as human beings to say that fine you have put a clause, but you know I qualify for a waiver because the situation that I am in is justified its rational.

Surprisingly, what you will find is: that people on other the opposite side of the fences they also, metimes know or in emotional situations they will also have no different justifications for the act that they are involved in. Say take the december 2012 episode in delhi. And elsewhere, in the country; when you say that the police has drawn a line by putting a barricade the student protesters cannot cross this line should not cross this line. A police will always have a justification you know why it had to use water cannons why it was forced to use charge why it was forced to resort to know excessive usage of tear gas shells.

Simply because you are standing on the other side of the line; those who are standing on this side of the line they have another justification why the police should not have know used water cannon, why you did not deserve charges, why you did not deserve tear gases ok. 1 of the police constables died in that episode know and then there was 2 version know; these are interesting dynamics that you find in rationalization you know, people who are on contrasting sides have the interesting justifications. And it goes to the extent of saying as an individual, because these are defence mechanisms are supposed to cater to your need know.

So, at a larger level what you intent to say to others is that see I know did it, because this was worth doing in this type of situation and you give reason for that and you also know advocate that this is how things should be d 1. So, next time others should also nor

applicate my form of behaving ok. Then come the next defense mechanism that is projection. Projection is equivalent to this mechanism know where, the actual content lies somewhere else, but it is shown somewhere else.

Now, if you look at this mechanism right from my external drive to my laptop to the l c d projector to this screen. So, there are intermediate you know systems that has been put in, but the real content which lies somewhere else is projected, somewhere else projection is you know as a defense mechanism is also exactly the same know where you put blame upon others or you attribute your own unethical desire to others; why am I like this because you did.

So, to me this is projection know every time, in the case of know projection; when it is used as a defense what people do is that they will you know choose somebody; who was somewhere associated in some form. For the type of attribute the individual is showing then you project the blame you remember; when we were looking at the range of reactions in 1 given situation at that time also we had discussed know rationalization we had discussed projection we had also discussed fantasy. Do you remember? That episode when we said that that relatively, older women who has not been able to produce an offspring; which is desired by at most a very highly desired by her family and the society.

Fantasy you fantasize that children of your neighborhood belongs to you; you remember this was the example that was quoted there. Then rationalizations you rationalize know the benefits of being childless why was, I able to achieve this much in my life? Because, I never had to care for a child. So, childlessness you prove that you know how important it was to be in that state.

Similarly, projection was also discussed there that you are not able to conceive why that your mother did not know take care of you were a growing adolescent girl, she did not know cater you properly you were not given proper nutrients by your family members your mother did not tell you x your mother did not tell you y. So, the full blame is shifted to somebody else ok. You do not get the grade that you expect a recent tendency that has been seen in the student community know, since last 1 or 2 years I would say know that small segment will come up saying that fine I thought, I would get this grade, but I do not know why I had slide it back.



You have all reasons for that know occasionally we do come across students who will know put their demand beforehand ok. Last semester there was a student in this course who wrote after seeing the end sem sheets where he had performed utterly badly he immediately he wrote a mail to me that how hard he has been working throughout the semester and the rational for getting at least a b. But, unfortunately he got the grade which usually, knows what you would expect to get know the lowest on the continuum, but there is a mechanism of grading. And based on that mechanism you have fallen in the category x and therefore, you get it, but if you yourself know that I deserved this and then you say that why I did not get it because this, because that and finally, the blame is shifted it to x or y.

So, you select somebody who could say know not be available usually to defend your her or his position and then you project the entire blame on him or her that is the mechanism of projection. But, interesting part of know defense mechanisms are: unconsciously used you are not aware of it, and therefore you use it and you are extremely happy; you are able to achieve what you wanted and final the final attainment would be that you want to attain a state where the integrity of your ego remains the way it was. We will continue, with defense mechanisms tomorrow also.