**A Self-Study Guide to General Psychology, Revised 2015**

**(Psychology 1: Introduction to Psychology)**

**PART X: FRUSTRATION and CONFLICT**

**A. Define FRUSTRATION.**

**B. Know the TYPES of CONFLICT and give examples for each type of conflict.**

**C. Identify the COPING MECHANISMS to frustrations. Find the characteristic feature(s) or symptom(s) associated with each type of coping mechanism. Compare and contrast.**

 **1. Adaptive Behavior**

 **2. Maladaptive Behavior**

 **3. Defense Mechanisms**

 **3.1.   Aggression**

 **3.2.   Fantasy**

 **3.3.   Denial**

 **3.4.   Identification**

 **3.5.   Regression**

 **3.6.   Repression**

 **3.7.   Reaction Formation**

 **3.8.   Projection**

 **3.9.   Rationalization**

 **3.10. Compensation**

 **3.11. Sublimation**

 **3.12. Others**

 **4. Neurotic Reactions**

 **4.1.   Anxiety Reaction**

 **4.2.   Phobic Reactions**

 **4.3.   Obsessive-Compulsive Neurosis**

 **4.4.   Conversion Hysteria**

 **4.5.   Others**

 **5. Psychoses**

 **5.1.   Manic-Depressive Psychosis**

 **5.2.   Schizophrenia**

 **5.3.   Major Symptoms of Psychosis**

**D. Know the TYPES of THERAPY.**

 **1. Directive Counseling**

 **2. Non-Directive Counseling**

 **3. Psychoanalysis**

 **4. Client-Centered Therapy**

 **5. Behavior Therapy**

 **6. Medical Therapy**

**E. Get acquainted with this topic: PERSONALITY**