**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**