

Lipot Szondi  
Ego Analysis\*:  
*IX. External Ego Dialectic*  
*and*  
*X. The Ego and Sublimation*

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## SECTION IV

### EXTERNAL EGO DIALECTIC

#### Chapter XIX

#### THE EXTERNAL DEFENSIVE ACTIVITY OF THE EGO: THE EGO-DRIVE DIALECTIC

##### *I. The Defense Theories of Psychoanalysis*

Humans come with a bundle of drive opposites to the world. A human's task of fate seems to be *unconsciously* to put together all of these opposite drive striving somehow as if his purpose in life was no other, as from the multitude of the drive contrasts to make a *totality*. His mental vitality is exhausted in the skill of the control, in the effort of the braking, in the interconnecting of the opposites, and in the maintenance of this dialectic. The art of putting together dialectically diverging opposites is not simple. There is no rule that humans could apply to all areas of his drive life at each age of the life homogenously. It is indeed a fatefully difficult game.

In a drive sphere the person "plays" correctly if he holds the pairs of opposites together in total control and in an integrated way. That is the desired ideal solution of the opposites in the ego life ( $Sch = \pm \pm$ ). In another area, for example in the sexual, a person acts more correctly if he is content with "half of totality," i.e.: the total contrast tension of horizontal halves and either holds together only the positive half of the opposites in alloyed form ( $S = + +$ ) as most average persons succeed in doing or only the ideal strivings ( $S = --$ ) are interconnected as done by such persons with the drive to culture and civilization.

In the ethical area, the community requires of him a completely different solution of his opposites problem. There is demanded for "peacetime" the diagonal splitting (in the form of  $P = + -$ ), that is the affirmation of the lamb-pious demands of the original ancestor Abel, however for "wartime" its adversary, Cain, is demanded ( $P = - +$ ).

Similarly he must solve finally the drive tensions in the contact area, where one requires of him the choice of loyalty ( $C = - +$ ).

Now it is a matter here with all these kinds of solution concerning the unconscious, the “non-conscious” [*außerbewußte*] mechanisms of the ego that the mental life secures for itself “understandable connections” (Jaspers). Also the drive dangers, which are defended by certain non-conscious mechanisms, are usually unconscious.

Psychoanalysis calls these specific mental mechanisms of the ego *defense mechanisms*. They are however constantly present unconsciously.

Jaspers believes that it is so far an unfruitful enterprise to represent these mechanisms more exactly. The non-conscious mechanism is according to his opinion a purely psychological and theoretical auxiliary term that serves us for the ordering of facts (as for example hysteria processes), which “the purely somatic-oriented physician just like the intellectualistic psychiatrist in his practice was inclined to denial sometimes.”<sup>1</sup>

A detailed construction of non-conscious mechanisms, which wants to be more than a general auxiliary term, is unfruitful and never provable according to Jaspers. Therefore the Freudian construction of the defense mechanisms -- Jaspers believes -- is defenseless against “all criticism,” although they -- also according to Jaspers -- can give occasionally surprising insights, as far as they evidently describe the implementation of understandable connections, for example with repressions.

In this chapter we will represent the defense mechanisms in detail.

Due to countless experiments (on this see table 20), whose results we constantly confronted also with the actual psychic and/or psychiatric stages of the person in the insane asylums, we must state that Jaspers errs concerning the defense mechanisms.

*The existence of the Freudian defense mechanisms was proven incontestably by us through ego experiments. Indeed there are defense mechanisms. They are not “theoretical auxiliary terms” but mental realities.*

We can make “visible” these defense mechanisms experimentally in different forms -- as they were described by Freud -- in detail each time with each person. The disappearance of a defense mechanism used up to then and the change and exchange of these unconscious mechanisms are seen in the ego experiments in an accurate way, in which a diagnosis is made exactly by the minute. Freud’s construction of the defense mechanisms is in our opinion one of the greatest achievements of the Viennese researcher.

The historical, theoretical, and practical importance of the defense mechanisms in psychoanalysis was represented in classic form in 1936 in the work of Anna Freud.<sup>2</sup> We learned the following fundamental thoughts from this work about the defense mechanisms of the ego.

## 1. The Definition of the Defense Mechanism

*Defense mechanism is according to Sigmund Freud a protection of the ego against drive demands and affects.*<sup>3</sup> That means that the ego stands in a fight with the id stirrings that try to force the admission to consciousness to obtain satisfaction in order to attain the powers of the ego. The first step with any defense mechanism is therefore the drive push, an “id push” to the boundaries of consciousness. Concerning the normal conditions between the ego and the drive, Anna Freud gives the following evocative picture:

The individual drive excitations always penetrate out of the id into the ego; there they provide access to the movement apparatus with whose assistance they can implement their satisfaction. In the more fortunate cases the ego has nothing to object to the intruder, yields it its powers and is limited to perceiving it: the ego feels the urges of the drive movement, the rising tension with the accompanying unpleasurable feeling and eventually the solution of the tension in the satisfying pleasure experience.<sup>4</sup> ... The id stirrings must on its way to the satisfaction pass the terrain of the ego. They come into a foreign environment.<sup>5</sup>

Crossing drive excitations from one court into the other one, that is from the id into the ego, brings conflict possibilities with it. The ego as a representative of the outside world requires of the drive excitations consideration for the demands of reality. Since furthermore the respective behavior of the ego is determined by the superego, the ego demands also consideration for ethical and moral laws from the drive striving advancing toward its boundaries.

Thus occurs a dialog, a controversy, and a dialectic between the ego and the drive in motion. The ego criticizes the drive excitations, often rejects them and protects itself against the dangerous drive pushes.

The second step with each defense mechanism is therefore the *ego push into*

*the id area.*

*The drive demands must leave themselves open thus to ego “modifications of all kinds.”* Thus Anna Freud writes:

The situation of the peaceful frontier traffic ends. The drive excitations hold with their own tenacity and energy to their drive goals and undertake hostile ideas in the ego in hope to surprise and overwhelm it. On the other hand the ego becoming distrustful undertakes counter actions raids into the area of the id. The ego’s intention is a lasting paralyzing of the drives by suitable preventive measures, those which serve the protection of its boundaries.<sup>6</sup>

The term “defense” was transformed in content several times by Sigmund Freud in the course of the structuring of psychoanalysis. First the concept of defenses appeared in 1894 in the study about “the neuropsychoses defense” and was used for a while “for resistance of the ego against embarrassing or intolerable representations and emotions.”

Later Freud replaces the term “defense” completely with that of “repression.” Only in 1926 returns the concept of defenses with Freud, and indeed with the contents strongly expanded. The term “defense” begins to become the *general* name for all techniques that the ego avails itself for the defense against conflicts, those that could possibly lead to a neurosis.<sup>7</sup>

## 2. The Kinds of Defense Mechanisms

Anna Freud on the basis of the work of Sigmund Freud enumerates as follows:

- |                       |                                     |
|-----------------------|-------------------------------------|
| 1. Repression         | 6. Projection                       |
| 2. Regression         | 7. Introjection                     |
| 3. Reaction formation | 8. Turning against one’s own person |
| 4. Isolation          | 9. Reversal into the opposite       |
| 5. Undoing            | 10. Sublimation or displacement     |

These ten kinds of defense therefore stand at the disposal of the ego in order to protect itself against the pushes of the drive excitations from the id.

### 3. Kind of Defense and Kind of Illness

Freud gives expression to his assumption that a profound dependence can exist between particular forms of defenses and certain affections\*. For the demonstration of these profound couplings between the kind of neurosis and the kind of defense Freud mentions the following examples:

1. Hysteria with the defense of repression;
2. Compulsion neurosis with that of isolation and undoing, together with regression and reactive ego change (reaction formation).
3. Paranoia, homosexuality, and jealousy with introjection and projection.  
[\**affections* = disease; unhealthy conditions]

### 4. The Objects of the Defense Mechanisms Are:

1. the dangerous drive striving with “drive” defense;
2. the perceptions as representatives and as descendants of the pushing drive excitations with “*perception*” defense;
3. the emotion, which is bound to the dangerous impulse drives; thus “affect” defenses.

The ego does not therefore only stand in conflict with its stirrings and with their perception representatives, but it must stand in opposition also to the emotion that accompanies the demands of the drive.

### *The Objects of the Affect Defense Therefore Are:*

1. Love, longing, jealousy, illness, pain and mourning in case of defense from sexual demands;
2. Hate, anger, and rage, if the dangerous need were aggression and/or sadism.

### 5. Symptom Formation as Defense

Through drive defense, representation defense, and affect defense can appear drive representations and affect transformations, which we then call *symptoms*.

A symptom is constantly a compromise formation between a certain ego defense

and a certain drive push. “The symptom is a sign and replacement of a failed drive satisfaction, a success of the repression process,” writes Sigmund Freud.<sup>8</sup> With a symptom formation exists the portion of the ego “in the fixed use of a certain defense method in relation to a certain drive demand, that with the stereotyped return of the drive demand always in the same way is precisely repeated.”<sup>9</sup>

## 6. Character Change as Defense

Anna Freud cited those character changes as “permanent defense features,” which Wilhelm Reich called “character armoring.” These are “residues of formerly very active defense processes” that settled in the character as permanent traits. Thus, for example, stiffness and rigidity in the physical attitude, recurring smile, arrogance, ironical behavior, and so forth.<sup>10</sup>

## 7. Age and Kind of Defense

On the question of the “chronology of the defense mechanisms” Freud expressed himself as follows: “It can be easily seen that the mental apparatus before the strict separating of ego and id, before the buildup of the superego, other methods of defenses were exercised after reaching these organization levels.”<sup>11</sup>

One cannot yet set up a sound chronological “life curve” of the kinds of defense today. A particular difficulty consists for this enterprise the circumstance that the kinds of defense with the points of development time of the ego and the superego are always connected, and the problem of the timing of the ego and superego development is at present a point of dispute among psychoanalysts.

Anna Freud develops the following thoughts on the attempt of a chronology:

1. The oldest defense mechanisms could be: *Regression, reversal into the opposite and turning against one's own person (masochism)*. The commonality of these kinds of defense is that they take place exclusively at the drive level. They could therefore be as old as the drive itself and are perhaps independent of the conditions of the organization. (Against this assumption speaks the circumstance according to Anna Freud that real masochism in earliest infancy is hardly to be found.)

2. Projection, that is shifting out of subjective unconscious contents into the outside world, could arise as a defense only at a time in which the child already achieved the separating of the ego world from the outside world.



3. Introjection, that is incorporation of contents of the outside world into the ego, could be experienced as a defense only at a time in which the child is already able to separate the possessed contents of the ego from that of the outside world.

4. Repression as a defense works in the manner that representation and emotions are held from consciousness. Repression as a defense mechanism is applicable therefore only at a time where a strict separating of conscious and unconscious mental activity was already created.

5. With *sublimation*, the person shifts the native drive goals and drive objects in the sense of a higher social and ethical valuation. Therefore someone can use the defense of sublimation only then if the person already knows and recognizes such values, that is if he or she already has a superego.<sup>12</sup>

\*

Thus we have discussed the fundamentals of the theories of defense of Freud.

We put weight on insights of the defense mechanism for many reasons in the light of psychoanalysis whereby to discuss them in detail.

First of all: because we invariably transferred the system of Freud's thought concerning the defense mechanisms of the ego into the experimental drive research.

Secondly: because we experimentally have made visible the defense processes in the ego.

Thirdly: because we must add the insights of Freud on the basis of the results of the experimental drive and ego analysis, in particular regarding kinds of defenses, furthermore concerning the coupling of the kind of defense and the kind of illness, and finally the relationship between ego development and the kind of defense.

## *II. The Theories of Defense of Fate Analysis*

### 1. Generalizations

Defense mechanisms are unconscious mechanisms for the protection of the ego from dangerous drive demands and emotions.

The way, however, one determines the existence of these defense mechanisms in a certain case in psychoanalysis differs in principle from the way in which experimental drive diagnostic pursues the activation and the operation of the defense techniques.

In psychoanalysis the defense mechanisms are observed in the analytic situation in a roundabout way by the mediation of the behavior of the person. The manner a certain patient behaves in the analysis in relation to his free associations, how he expresses his resistances opposing the analyst, and furthermore the manner of the transference of defenses are those indications from which the analyst tries to draw his or her conclusions concerning the particular defense of the patient. If, for example, a patient's ideas, which probably provoke the defense of the ego, are simply eliminated and are not expressed, then the analyst infers the existence of repression. He assumes that in the patient's succession of ideas the same interruption injects itself as with the symptom formation in its discharge of the drive. That is mostly the case with hysteria. Completely different is the behavior in the psychoanalytical situation of the compulsion neurotics. "The compulsive neurotic patient" -- Anna Freud writes -- "is not silent, he speaks also in the resistance, but he tears the connections up between his ideas, isolates a conception from an affect when speaking, so that his associations in the narrow sense must appear just as unreasonable to us as the compulsive neurotic symptoms in the broad sense."<sup>13</sup> From this idiosyncratic behavior in the analysis the analyst then concludes the activation of a particular defense mechanism that one calls "isolation." The same refers also to the establishment of the so-called permanent defense features.

Also the watchful observation of the transmittal mode gives useful indications and assumptions to the analyst concerning the defense technique used.

The patient transfers only undistorted infantile drive excitations to the analyst: "He transfers also id excitations in all the forms of distortion that already in the infantile life were expressed; in the extreme case what arrives into the transference is no longer the drive excitation but only the special defense of a certain positive or negative libido attitude, as for instance the escape reaction before the danger of a positive love connection with latent feminine homosexuality or as formerly stressed by Wilhelm Reich like the patients' subservient, feminine masochistic attitude against the father's aggressive masculinity."<sup>14</sup>

That means that the patient reveals his specific manner of defense in the particular way of his transference of this defense.

We believe that these examples are sufficient for understanding the following statement:

In psychoanalysis the kinds of defense mechanisms are determined not directly but only by mediation.

Completely different is the experimental ego and drive diagnostic. Here the manner of ego defenses is made directly visible. Each expert of this method can read in an accurate way from the drive profile the specific manner of the defense mechanism for each individual case in an investigation, which lasts maximally 10 to 20 minutes. That is naturally a great advantage.

*The experimental drive diagnostic is able to make visible the specific kind of defense experimentally and directly without making laborious and long lasting observation of the patient.*

\*

Concerning the defense diagnostics we have named the following advantages of the experimental drive and ego diagnostics.

1. the accurate, direct making visible the kind of defense by the experiment;
2. the temporal shortening of the findings.

As a third advantage we want now to discuss in the following the circumstance that the experimental drive and ego diagnostics also answer the question about the *where is* the defense in the ego, that is the place possibly established. We can pursue the defense work in the other drive zones in details, *where* actually the defense procedure takes place.

## 2. Where Does the Ego Defend Against the Drive Danger? The “Places” of the Defensive Activity of the Ego

Defense mechanisms are unconscious ego functions. The defensive activity therefore goes out constantly from the ego.

This thesis does not exclude however that the ego can protect itself not only by special ego reactions, but also by sexual, affect and contact reactions against a drive and/or an affect danger. The “places” of defenses are therefore different. The kinds of the protection are carried out by all four zones of the drive life and not only in the ego.

\*

In summary thus the following can be determined about the kinds of defense:

a. The object of the drive danger is with a defense mechanism constantly either 1. a drive danger, or 2. an idea\* [*Vorstellungen*] danger, thus the danger of certain conceptions [*Vorstellungen*], which function as substitute formations of the prohibited drive demands, or 3. an affect danger, that is a danger, caused by the emotion that accompanies the dangerous drive need (for example rage, anger, revenge, envy, jealousy with aggression). [\*idea = *Vorstellungen* = ideas, beliefs, perceptions, imaginings, representations, conceptions]

b. Defense goes out constantly from the ego.

c. The ego however uses different reactions for defense, that is: *the place of the defense work is not only the ego but all areas of the drive life can be used as a defense place*. Due to the difference of the defense reactions the experimental drive diagnostic cites:

A. Defense mechanisms predominantly with ego reactions.

B. Defense mechanisms with ego and sexual reactions.

C. Defense mechanisms with ego and affect reactions.

D. Defense mechanisms with ego and contact contacts.

The necessity for this division of the defense techniques becomes understandable also for the psychoanalyst. In her quoted book Anna Freud makes the following remark:

Repression in the theoretical subordination under the general concept of defense may be coordinate with the remaining special cases of defenses. As far as it concerns its effectiveness, repression keeps nevertheless a privileged position in relation to the remaining methods. Repression is carried out in quantity more than the other techniques, that is it can still master strong drive excitations against which the other defense attempts remains powerless.<sup>16</sup>

Furthermore Anna Freud maintains: "In addition, if one recognizes the privileged position of repression, the impression still remains for the other mechanisms that here the different and the diverse are united under a concept."<sup>2</sup>

As proof of this multiplicity and heterogeneity with the kinds of defense, the author puts out the following:

a. Regression, reversal into the opposite and turning against one's own person are as defense mechanisms *actual drive procedures*.

b. However the kinds of defense such as isolation and undoing are *ego processes*.

This self-criticism of psychoanalysis regarding the multiplicity of the defense places confirms our division of the defense mechanisms due to the “place” where the ego actually accomplishes the protective measures against the danger.

### *A. Defense Mechanisms Predominantly with Ego Reactions*

In the *Experimentellen Triebdiagnostik* [*Experimental Drive Diagnostic*]<sup>17</sup> we pointed out that the so-called “ego picture” is a concept of form, describing an ego mechanism however of a functional, dynamic character. In the use of the two words now the difference that with the word *ego picture* is constantly expressed an empirically controllable situation in the ego like autism, jealousy, drill, etc.

We take for example the ego picture  $Sch = 0$  —. This ego picture states about the present *static* situation in the ego that the person actually would like to stay or has stayed is in a participative, adualistic, contemplative ego condition, completely merging with his or her dual partner, in which the boundaries between the ego-world and you-world are partly or completely blurred. Or the ego picture:  $Sch = +$  — designates the ego situation in which the person with his or her ego exceeds the real boundaries of reality, transcends and dwells in the condition of “autism.” And so on.

*The ego picture therefore designates the actual, static conditions in the ego.*

The ego exercises however, as is well known, also unconscious functions with whose assistance it aims to defend partly its own ego-like dangers, partly the border dangers and thus the sexual and contact areas. If we therefore pursue these unconscious dynamic ego functions, then we speak of “*ego mechanisms*.” If we thus regard for example the ego picture  $Sch = 0$  — purely functionally and dynamically thus as an ego defense mechanism, then this ego reaction means an unconscious projection function, that is the shifting contents out of the unconscious into a foreign object of the outside world. The ego picture  $Sch = +$  — however functionally and dynamically is the ego mechanism of *introjection*, that is that kind of defense where the transferred-out psychic contents (like demands for omnipotence, all knowledge, all guilt conceptions) become introjected and incorporated into one’s own ego and not into a foreign object.

In the *Experimentellen Triebdiagnostik* we described the sixteen possible ego reactions predominantly as “static” empirically diagnosable ego conditions, thus as “ego pictures.”

Here we must divide however the ego reactions into those unconscious functions that discharge dynamically behind the individual ego pictures. We will treat therefore the ego reactions as *unconscious* ego mechanisms and as *defense techniques*.

## *I. The Projective Defense Mechanisms*

The commonality of this defense group is the *shifting out* certain id excitations from the *unconscious*. The ego thus defends against the drive danger in that it splits off the dangerous strivings and conceptions from its person and transfers them outside. On the basis of ego analysis we differentiate the following five kinds of projective defense mechanisms:

*1. Total projection, 2. inflative projection, 3. introjective projection, 4. projection held back with compulsion, thus flight reaction (fuga\*, fugues\*), 5. inhibited projection, that is estrangement, and alienation. [\*fuga = wandering, disappearance; \*fugues = flight]*

Total projection represents the classic form of shifting out [*Hinausverlegung*]. Here the projection works as a unifunction of the ego. We summarize the four different kinds of defense into the group of *deprojection*. With this group the danger of the unifunction projection is decreased by inflation, introjection, compulsion or inhibition. They represent thus the combined kinds of projection.

Table 10 gives an overview of the projective defense mechanisms.

### *Summary of the Projective Defense Mechanisms*

We represented five modes of action of the projection defense.

The commonality in all five kinds of the projection consists: first of all in the shifting out of unconscious sexual excitations from the subject, secondly therein that nearly constantly also are projected incestuous Cain emotions, thus jealousy, envy, rage, hate, anger and revenge.

The differences are of varied kinds.

I. At one time both *drive tendencies* will be transferred out and at other times only a drive striving of a pair of opposites. From this criterion the projection can be

- a) a double, be total (p -),
  1. total projection,
  2. introjection,

3. flight reaction;

b) or the projection is partial ( $p \pm$ ):

1. inflative projection,
2. estrangement, depersonalization.

II. The second difference too makes its mark in the “place,” where the transferred out piece of drive is actually incorporated again:

a) The projected piece of drive can be caught by an *external* object, as

1. with the double, total projection,
2. with the inflative projection;

b) or by *the ego itself*:

1. with the introjection,
2. with the flight reaction,
3. and with the estrangement.

III. The most important difference exists naturally concerning the *attitude taken* in relation to the projection:

a) the attitude taking ego can *be missing totally*, as

1. with the total, double projection and
2. with the inflative projection;

Table 10. The Projection Defense Mechanisms

I. Projection as Defense Mechanism	1. Total Projection [A1]*	2. Inflative Projection [E <sub>p2</sub> ]*	3. Introjective Projection Introjection [A <sub>2</sub> ]	4. Fugues - Flight Projection Held Back with Compulsion [E <sub>k4</sub> = A <sub>2</sub> C]	5. Alienation: Estrangement Inhibited Projection [E <sub>p4</sub> = B <sub>2</sub> C]
I. Term Definition	The <i>two</i> opposite strivings are transferred out onto a <i>foreign</i> object outside.	The <i>one</i> striving becomes projected on a foreign object, the <i>other</i> will be the ego itself. Deprojection by inflation.	The <i>two</i> opposite and transferred out strivings of a need become <i>incorporated</i> into one's own ego. Deprojection through introjection.	<i>Both</i> transferred out strivings become held back <i>with Compulsion</i> , that is partly by introjection, partly by negation. Deprojection through compulsion.	The ego denies both the projected as also the inflative striving. Denial of the abandonment and femininity. Deprojection by inhibition.
II. Test Form	$\begin{matrix} k & p \\ Sch = & 0 & - \end{matrix}$	$\begin{matrix} k & p \\ Sch = & 0 & \pm \end{matrix}$	$\begin{matrix} k & p \\ Sch = & + & - \end{matrix}$	$\begin{matrix} k & p \\ Sch = & \pm & - \end{matrix}$	$\begin{matrix} k & p \\ Sch = & - & \pm \end{matrix}$
III. Impact Analysis	The attitude taking ego is too weak ( <i>k</i> 0) to be able to act against the projection ( <i>p</i> -). The projection governs.	The attitude taking ego is too weak ( <i>k</i> 0) to be able to act against the inflative projection (abandonment, femininity, <i>p</i> ±)	The attitude taking ego affirms ( <i>k</i> +) all transferred out strivings ( <i>p</i> -); the ego becomes <i>autistic</i> , having all power or having all guilt.	a) The one projected striving ( <i>p</i> -) becomes accepted ( <i>k</i> +), the other one denied ( <i>k</i> -). Or: b) The projection ( <i>p</i> -) is doubted ( <i>k</i> ±).	The bridge to the perceptual world ( <i>k</i> +) becomes dismantled; the abandonment ( <i>p</i> ±) and/or the femininity is denied ( <i>k</i> -).
IV. Analysis of the Opposites: Analysis of the Foreground and the Background	a) <i>The foreground</i> contains 1. neither the feminine nor the masculine sexuality; 2. the foreground contains only full-of-conscience and docile affectivity (Abel); 3. the constant, total transferring out in the form of participation or persecution delusion; 4. eternal looking for the participation object or <i>the persecutor</i> . b) <i>The background</i> becomes projected, that is it splits itself off and seeks for itself: 1. the aggressive masculinity; 2. the Cain; 3. defeating the inflation (the masculine ego); 4. incest binding to the parent of the same sex.	a) <i>The foreground</i> contains: 1. the passive, woman sexuality; 2. the Abel; 3. the abandonment and 4. clinging to the old and looking for the new object. b) <i>The background</i> : is split off and seeks thus: 1. the aggressive man; 2. the Cain; 3. the masculine, subjugating ego; 4. the unfaithful. [*added by the translator. See <i>Experimental Diagnostics of Drives</i> , 1952 English translation, for analysis of ego forms as foreground egos.]	a) <i>The foreground</i> : 1. wants to have everything: men and women; 2. wants the good and the bad; 3. will be all powerful, and/or all guilty (melancholia); 4. will be faithful and unfaithful. b) <i>The background</i> : on the other hand inhibits all its demands.	a) <i>The foreground</i> : 1. will be an aggressive man 2. with the demands of Cain (killing); however runs away (fugues), in order not to have to kill; 3. dependent nevertheless incestuously on the parents. b) <i>The background</i> however: 1. is soft and womanlike, wants love and tenderness; 2. is good and seeks justice; 3. is possessed and wants to break loose.	a) <i>The foreground</i> : 1. is passive; 2. preserves sensitive fears of relations; 3. estranges himself or herself from the world; 4. lives within a contactless barrier. b) <i>The background</i> however: 1. is infantile perverse (anal masochist or anal sadist); will be a Cain or will make good for the bad in himself or herself; 2. <i>wants to conquer the whole world</i> , which the foreground lets fade away; 3. will be faithful to the old and nevertheless searches for the new.



Table 10. The Projective Defense Mechanisms (continuation)

<i>Projection as Defense Mechanism</i>	1. Total Projection [A <sub>1</sub> ]	2. Inflation Projection [E <sub>p2</sub> ]	3. Introjective Projection Introjection [A <sub>2</sub> ]	4. Fugues - Flight Projection Held Back with Compulsion [E <sub>k4</sub> = A <sub>2</sub> C]	5. Alienation: Estrangement Inhibited Projection [E <sub>p4</sub> = B <sub>2</sub> C]
V. Drive and Affect Dangers	1. Drive goal inversion, homosexuality; 2. drive to kill (sadism, aggression); 3. jealousy, envy, rage, hate, anger.	1. Man-woman dilemma; 2. dilemma of sticking to the old person and searching for the new, bi-objectivity; 3. jealousy, envy and the Cain in the background.	1. Sadism} → Anal sadism 2. Anality} 3. Turning of sadism against one's own person, masochism; 4. incest hate and incest love (ethical-moral dilemma); 5. guilt and ideas of sinfulness.	1. Killing drive, 2. flight before the need to kill the love or hate object (fugues); 3. the Oedipal, infantile Cain.	1. Fixation on an anal stage; 2. talk about incest murder; 3. envy, jealousy. In the foreground however is the docile Abel.
VI. Illnesses	I. Paranoid ego disturbances: 1. Persecution, accusing, ideas about being influenced; 2. epileptic form of psychoses; 3. paralysis. (Neurotics and criminals very rarely show total projection.) II. Infantile. III. Mentally deficient.	1. Passive homosexuality with the man; 2. affect slayer (from jealousy); 3. premonitory phase of the paranoid; 4. rarely: conversion hysteria.	1. Melancholia; 2. autistic schizophrenia; 3. mentally deficient; 4. possibly a burglar; 5. fetishism; 6. masochism; 7. exhibitionism.	1. Poriomania epileptical; 2. poriomania paranoid; 3. genuine epilepsy; 4. melancholia; 5. stutter; 6. kleptomania; 7. pyromania and other kinds of paroxysmal monomanias.	1. Murderer (robbery and affect murderer); 2. hypochondria; 3. conversion hysteria.

Table 10. The Projective Defense Mechanisms (continuation)

Projection as Defense Mechanism	1. Total Projection [A <sub>1</sub> ]	2. Inflative Projection [E <sub>p2</sub> ]	3. Introjective Projection Introjection [A <sub>2</sub> ]	4. Fugues - Flight Projection Held Back with Compulsion [E <sub>k4</sub> = A <sub>2</sub> C]	5. Alienation: Estrangement Inhibited Projection [E <sub>p4</sub> = B <sub>2</sub> C]
VII. Character	1. <i>Infantile participation drive</i> ; 2. inferiority feelings (mikromania); 3. distrust; 4. resentment; 5. contentiousness; 6. crafty; 7. inclination to meditation and to mystical occult thinking. 8. They search a participation object -- in the real world or in the illusion world -- with whom they want to be quasi-identical, one and the same. Since that this however is impossible, they get sick in any paranoid form.	1. <i>Softness, effiminity of the man</i> ; 2. desire to be led and to be desired, courted, and be given gifts; 3. tendency to give in to the other; 4. sentimentality; 5. world weariness; 6. isolation, <i>feeling abandoned</i> ; 7. humility; 8. "persons ruled by the heart"; 9. intuitive feeling; 10. great subjectivity; 11. influenceable; 12. poor space orientation and adaptation to time; 13. lyrical mystic orientation; 14. not logical thinking; 15. Weakness in fight concerning existence; 16. inability to separate.	1. <i>Reserved</i> ; 2. taciturn; 3. abrupt; 4. obstinacy, uncompromising, uninfluenceable; 5. inhibition, inability to give in to the other 6. random total unawareness [ <i>Skotomisierung</i> ]; 7. mimosa-like hyper sensitivity; 8. shyness and nevertheless <i>day dreaming</i> on the "stage" of the wide world; 9. <i>autistic undisciplined thinking</i> .	1. <i>Skittishness</i> ; 2. <i>sudden change</i> from dullness to lack of restraint; from anxiety to wild audacity, from clinging to unfaithfulness, from peace to unrest, from pliancy to stubbornness, from altruism to egoism, from pedantry to untidiness, from optimism to pessimism, from moderate eating and drinking to excessive craze for food and drunkenness, from thriftiness to prodigality, from life affirmation to desire for death.	1. <i>Daydreamer</i> ; 2. intensified introspection; 3. <i>sense of alienation</i> to the world and to one's self; 4. unreality; 5. inclination to the pseudologia phantastica [pathological lying]; 6. seeing hiding places, the hidden, the disguised; 7. <i>disappearing from the world and then immediately conquering that world</i> ; 8. depression.
VIII. Chronology	a) <i>High point</i> : 1. Baby and small infancy age. 2. In old age (80 to 90). b) <i>Low point</i> : End of puberty (17 to 20).	a) <i>High point</i> : 1. At the infant age. 2. Prepuberty (9-12). 3. Climacteric (40 to 60). b) <i>Low point</i> : In old age (60-90).	a) <i>High point</i> : 1. Defiance period, first Puberty (3-4). 2. Latency period (5-8). b) <i>Low point</i> : In old age (80-90).	a) <i>High point</i> : 1. Kindergarten age (4 to 6) and 2. Age on entering school (7-8). 3. At old age (70 to 80). 4. Prepuberty (9-12). b) <i>Low point</i> : Infant age and maturity.	a) <i>High point</i> . 1. Marriage age (30-40). 2. End of puberty (17 to 18). 3. Climacteric (40 to 60). b) <i>Low point</i> : Second puberty (13 to 16); in old age (70 to 80).

- b) The attitude taking ego can *accept* the projection totally or partly as
1. with the introjection, where acceptance is total,
  2. with the flight reaction, where acceptance is only partial.

- c) The attitude taking ego can *reject* the projections:
1. as with the estrangement.

IV. The difference is furthermore interesting concerning contents of the transferred out drive danger:

a) *The whole sexuality*, that is both the masculine as well as the feminine drive component, *will be transferred out*:

1. with the total projection and
2. with the introjection.

The transferred out sexuality with the Cain demand serves then as the foundation for the delusion formations and/or the autism.

b) Only the masculine part is projected, for example with the inflative projection; here the feminine strivings builds up the ego ideal in its own ego, both with homosexual men as well as with passive masochistic women. The transferred out masculinity serves henceforth as the sought for sexual object (for example with women and homosexual men) or as the choice object of masculine occupations.

c) Anal sadism and/or the desire to kill the mother, the sister and/or the father or the brother is dammed back with compulsion. From anal sadism either flight into compulsive thoughts of an anal nature or kleptomania, the latter of which can then be accompanied by estrangement.

d) The anal masochism is transferred out and then defended with inhibition and hypochondriac introspection, and then eventually by conversions. That is mostly the contents of the drive danger with the estrangement. Often however the anal masochism with the anal sadism at the same time present in the background breaks into the clinical foreground in a different manner (for example with schizophrenics), as copro-practices of different kinds: coprophagia\*, coprophilia\*, excrement smearing, encopresis\*, enuresis and also as anal masturbation. (Belonging here also anal-masochistic self-sabotage, for example with prostitution.) [*\*coprophagia* = eating of excrement or filth for sexual excitement; *\*coprophilia* = marked interest in excrement for sexual excitement; *\*encopresis* = the voluntary or involuntary passage of stools in a child who has been toilet trained (typically over 4), which causes the soiling of clothes.]

e) Polymorphous perverse sexuality (orality, anality, sadomasochism, exhibitionism) can likewise be the transferred out piece of drive, for example with certain forms of estrangement.

V. The difference in the relationship of the different kinds of projection with the kinds of illnesses shows up as follows:

a) The total, double, projection is characteristic of demented psychoses, like dementia praecox (schizophrenia), dementia paralytica, dementia paranoid and epilepsy. Here the regression of the ego reaches the greatest degree.

b) The inflative projection particularly is for the passive homosexuality of the man and furthermore for homicidal killers from the characteristic of jealousy. More rarely with schizophrenia and conversion hysteria (with men).

c) Introjection is the particular kind of defense with melancholia and with the autistic form of schizophrenia and hebephrenia; it is experienced also by particular types of the mentally defective and of burglars.

d) The flight reaction has a paroxysmal coinage and is most frequently found with poriomania, epilepsy, stuttering and melancholia.

e) The estrangement and/or the depersonalization is that kind of projection of the robber murderer and affect murderer (homicidal killer from jealousy), and furthermore is made use of most frequently by hypochondriacs and conversion hysterics.

VI. The difference in the relationship of the projection ways expresses itself with *character* in the following manners:

a) The total, double, projection has a profound relationship with the participative, dual union fixated character and furthermore with contemplative and mystic natures.

b) The inflative projection is incorporated as a feminine character with all possible traits of the woman.

c) Introjection shapes the character to the autistic schizothymia\*.  
[\**schizothymia* = an introvert tendency or temperament that while remaining within the bounds of normality somewhat resembles schizophrenia.]

d) The permanent flight reaction forms the character to the paroxysmal, troubled and constantly revolting freedom fighter.

e) Finally permanent estrangement makes a person a day dreamer and possibly a liar and shows a profound relationship with jealousy and self-sabotage.

VII. The difference in the relationship of the kinds of projection with *age* shows up in the following chronology:

a) The total, double, projection is particularly experienced at the end of the life with old persons between 70 and 90 years of age.

b) The inflative projection particularly occurs in the years between 30 and 60.

c) The autistic introjection is the classic kind of defense of the defiant child between 3 and 6 and also later between 7 and 8.

d) Flight is the privileged defense reaction of the child in the “Durchgänger”\* years, also in the preadolescent and in the old age. [\**Durchgänger* = with horses this is the period when they tend to bolt, that is, to run away = bolter.]

e) Estrangement as a defense is used in two phases of life with preference: 1. at the turning point between adolescence and adulthood (17 to 20) and in the change years (40 to 60), often already between 30 and 40.

## *II. The Inflative Defense Mechanisms*

We consider this particular kind of defense therein that the ego is not simply able to see *ab ovo* [from the beginning] the constructed opposite needs. The ego acts, thus, as if no oppositeness between the strivings of a need were present. The results of this elimination of the opposition are: doubling, ambitendency, obsession.

1. The classic defense form of this group is: *total inflation*. We summarize the three other defense forms under the name “*deflation*.” These are:
  2. *Deflation by introjection, thus introjective inflation (introinflation);*
  3. *Deflation by compulsion: compulsion inflation.*
  4. *Deflation by negation, thus inhibition.*

Table 11. The Inflationary Defense Mechanisms

II. Inflation as Defense Mechanism	1. Total Inflation [E <sub>p1</sub> ]	2. Introjective Inflation Introinflation [D]
I. Term Definition	The drive danger of the opposites is defended by the <i>doubling</i> of the ego: The ego acts thus as if in the needs there were no opposites and no contradictions.	The danger of the doubling, the ambivalent inflation, is defended through the <i>incorporation of the being needs</i> . The person also makes from the being demands have power and possession. <i>Deflation by introjection</i> .
II. Test Form	$Sch = 0 \quad \begin{matrix} k & p \\ + & + \end{matrix}$	$Sch = + \quad \begin{matrix} k & p \\ + & + \end{matrix}$
III. Impact Analysis	1. The person is obsessed by both opposite tendencies (ambivalence = $p +$ ); 2. the position taking ego is however too weak ( $k 0$ ) in order to be able to oppose the doubling.	1. The person strives for being everything, that is after <i>being both</i> ( $p +$ ); 2. at the same time however he wants <i>to have everything</i> and to take all in possession ( $k +$ ); 3. the result is a <i>total narcissism</i> that the person is unable to make go away.
IV. Analysis of the Opposites	a) <i>The foreground</i> is obsessed by the double desire to be: 1. man and woman, active and passive, ruler and servant, homosexual and heterosexual, sadist and masochist; 2. murderer and judge, blasphemer and believer, to hide oneself and to exhibit oneself; 3. egoistical and altruistic, narcissistic and loving people, a hero and inferior coward; 4. incestuously bound and being free and separate. b) <i>The background</i> wants 1. to run away, to escape; 2. wants to be only a man or only a woman; 3. wants to hold back the projections with compulsion; 4. wants to be free and independent.	a) <i>The foreground</i> : 1. wants to be and have everything, therefore he is not anything; 2. he suffers from <i>lack of will power</i> and <i>inhibition of the will</i> ; 3. is hardwired as intersexual or bisexual, but must however suppress both inclinations and try to sublimate; thus he or she becomes a <i>masochist</i> and <i>self-saboteur</i> ; 4. is often bi-objective and has contact disturbances and searches constantly in vain; 5. in the end he or she begins to <i>quarrel</i> and closes himself or herself off completely. b) <i>The background</i> : 1. would like to be adapted and live like an average person, therein this disturbs however the narcissistic foreground; 2. he or she must hide himself or herself, but the foreground will show himself or herself; 3. he or she wants to affirm the world, but the contact inability of the foreground blocks him or her from the world and 4. from normal sexuality.

Table 11 gives more information about the particulars of the *inflationary* defense mechanisms.

### *Summary of the Inflation and Deflation Defense Mechanisms*

The commonality in the essence of the inflation and/or kinds of deflation defense is: the obsession of ambivalence. This ambivalence manifests itself in the ego as a

Table 11. The Inflationary Defense Mechanisms (continuation)

II. <i>Inflation as Defense Mechanism</i>	3. <i>Compulsive Deflation</i> Inflation Held Back with Compulsion [E <sub>k3</sub> = B <sub>2</sub> D]	4. <i>Restriction - Inhibition</i> Negated Inflation [B <sub>2</sub> ]
I. <i>Term Definition</i>	The danger of doubling of the ambivalent inflation is defended in such a way that the person who affirms a striving denies the other striving or that the person holds back both with compulsion. <i>Deflation by compulsion.</i>	The person denies the doubling and the ambivalent inflation and thus the being everything. He or she tries to do without both strivings of a need <i>Deflation by denial.</i>
II. <i>Test Form</i>	$Sch = \pm \begin{matrix} k & p \\ & + \end{matrix}$	$Sch = - \begin{matrix} k & p \\ & + \end{matrix}$
III. <i>Impact Analysis</i>	1. The person is obsessed and wants to be everything and have everything (p +, k +); 2. the attitude taking ego is however very strong (k ±) and can not only affirm (k +) but also deny and do without (k -).	1. The diastolic ego will be both (p +); 2. the systolic ego denies and 3. causes a nearly total or partial restriction of function (k -). (Thus in sexuality, eating, movement, work and so on.)
IV. <i>Analysis of the Opposites</i>	a) <i>The foreground:</i> 1. has a drive to work like a compulsive person; he or she can never adjust the work; 2. is filled with love and tenderness and at the same time is imbued with hate; he constantly fluctuates the Abel and Cain phases; 3. strong sexuality that however is abandoned during work phases; 4. many contacts and attracted to contacts and then periodic closing off; 5. work ethic and conscientiousness. b) <i>The background:</i> 1. inclines to the paranoid and the quarreller; 2. lives in a phobia of losing his or her dual union; anxiety about the future, anticipation of catastrophe; 3. infantile, incestuous binding to the family; 4. Cainish fits of rage and the danger to become a projective paranoid is resisted by compulsory work.	a) <i>The foreground:</i> 1. wants to be a man and a woman, inhibits however both demands and abandons completely his or her sexual life; 2. he or she wants the good and the bad, inhibits both and is threatened by anxiety; 3. wants to be faithful and cling incestuously and at the same time to also be free; he or she inhibits both and becomes contactless; 4. he or she gradually places all drive functions in this way and denies everything. b) <i>The background</i> however 1. is autistic and undisciplined; 2. wants to have and to possess everything that only he or she desires; 3. can be man and woman; 4. can be Cain and Abel, 5. can be faithful and unfaithful because he or she has moved beyond the limits of reality and lives out his or her power to have.

doubling of the ego ideal formation as a passive identification in *two* directions. The person wants to be both at the same time, the one and also its polar opposite.

As a psychological cause of this doubling concerning the ego ideal formation we assume that the person tries to save himself or herself from the grips of the drive contrast tension in the manner that he or she makes invalid the contradictions of the strivings and gives up the conflict; it thus acts in general as if there were no contrast.

Table 11. *The Inflation Defense Mechanisms (continuation)*

II. <i>Inflation as Defense Mechanism</i>	1. <i>Total Inflation</i> [E <sub>p1</sub> ]	2. <i>Introjective Inflation</i> Introinflation [D]
V. <i>Drive and Affect Dangers</i>	1. Discrepancy between the bisexuality and the humanization drive; 2. discrepancy between the incest and freedom; 3. between Cain and Abel.	1. <i>Bisexual inclination</i> ; 2. incestuous binding to both parents; 3. panic anxiety, eternal whining about the will and work inhibitions; 4. the total narcissism of being everything and having everything.
VI. <i>Illness Forms</i>	1. <i>Inflative paranoid</i> (religion delusion, erotomania, megalomania); 2. Affect murder and jealousy; 3. latent bisexuality and homosexuality; 4. paranoid on epileptic basis.	1. <i>Paranoid schizophrenia</i> with adolescents; 2. <i>unrestrained psychopathy</i> with an element of <i>schizomania</i> ; 3. <i>paroxysmal illnesses</i> : migraine, atypical seizures and different equivalents of epilepsy.
VII. <i>Character</i>	1. Inclination to be all powerful in being; 2. drive for perfection; 3. drive to creation and to invention; 4. drive to mastery; 5. drive to the esoteric; 6. <i>fanaticism</i> , enthusiasm; 7. passive identification; 8. exaltation; 9. ambitendency; 10. sectarian; 11. deceiver, intriguer; 12. hubris; pride with self-torment; 13. <i>quarreller</i> , nagger; 14. rivaling; 15. lability of the personality.	1. Inclination to socialization and humanization; 2. <i>man at cross-roads</i> , who always think outside the box; 3. <i>high-striving</i> intellectuality: aesthetes [ <i>Schöngelster</i> ] (music, dance, singing, psychology, any religion); 4. double abilities; 5. boundless ego centered, narcissism; 6. highly decent, worthy-of-love person with whom it is nevertheless impossible to get along on the duration; 7. <i>Dissatisfied</i> ; 8. excessively sensitive; 9. <i>pleasure in quarrelling</i> ; 10. uninfluenceable; 11. disorderly; wants to keep everything; 12. faithful and unfaithfulness.
VIII. <i>Chronology</i>	a) <i>High point</i> : Mature age (30-40). b) <i>Low point</i> : In old age (70-80).	a) <i>High point</i> : 1. Age when building a career (20-30). 2. Second puberty (12-16). b) <i>Low point</i> : 1. Very old age (80-90). 2. In old age (70-80).

In this way the tension of the opposites is solved in the area of the drives; the result is however a secondary ego danger, which is caused by the ambivalent obsession.

With total inflation the person stays indeed in the long run in this ego danger. One has the impression, as if he or she concerning the two danger possibilities -- drive danger or ego danger -- the latter could be born more easily.

The differences with the four ways of inflation defense become apparent in the attitude taken by the ego in relation to the danger of inflation.



Table 11. The Inflation Defense Mechanisms (continuation)

II. <i>Inflation as Defense Mechanism</i>	3. <i>Compulsive Deflation Inflation Held Back with Compulsion [E<sub>k3</sub> = B<sub>2</sub>D]</i>	4. <i>Restriction - Inhibition Negated Inflation [B<sub>2</sub>]</i>
V. <i>Drive and Affect Dangers</i>	1. If the compulsory work stops, the danger of <i>lack of inhibitions</i> or <i>self-sabotage</i> occurs; 2. sensitive reference delusion; 3. over-strong incestuous participation tendency.	1. <i>Perversion danger</i> , sadism, masochism; 2. <i>incest and/or addiction</i> ; 3. Cain and the atonement; 4. <i>autism</i> .
VI. <i>Illness Forms</i>	1. <i>Phobic</i> : Test anxiety, anxiety about appearance; 2. <i>paranoid</i> ego disturbances; 3. <i>paroxysmal</i> seizures: migraine, stuttering, anger outbursts and different kinds of seizures; 4. among social abnormality: embezzler.	1. Sexual immaturity: <i>polymorphous perverse fixation</i> ; 2. <i>compulsion</i> illnesses; 3. schizophrenia (catatonia); 4. latent bisexuality or homosexuality; 5. <i>conversion hysteria</i> ; 6. hypochondria.
VII. <i>Character</i>	1. <i>Drive for perfection</i> ; 2. <i>Change from superiority feelings to inferiority ones</i> ; 3. <i>attacks of omnipotence and impotence</i> ; 4. disarming inflation with work compulsion; 5. compulsive thinking; 6. single minded hyper-concentration; 7. <i>strong will</i> ; 8. compulsive life plan strengthens also persevering with the daily and Sunday schedules; 9. conservativism, conventionality; 10. inclination to addiction; 11. slowed down development; 12. self-sabotage; 13. inclination to psychology, art, pedagogy, psychiatry, child psychiatry, healing pedagogy.	1. <i>Primacy of the intellect</i> ; 2. the delusion: “ <i>It is impossible to do this or that</i> ”; 3. the feeling: “ <i>I am abnormal</i> ”; 4. <i>being blocked</i> ; 5. contact inability; 6. egocentricity; 7. internal unrest and excitations; 8. eternal renouncing, denial, self-suppression, thereby they will be anything; 9. continual failure, thereby the wish for rivalry; 10. stubborn security measures against autism; 11. guilt and fear of punishment; 12. barricading oneself behind shame and disgust barriers.
VIII. <i>Chronology</i>	a) <i>High point</i> : 1. At the beginning of adulthood (17-20). 2. Second puberty (13-16). b) <i>Low point</i> : 1. Old age (80-90). 2. First puberty (3-4).	a) <i>High point</i> : 1. Prepuberty (9-12). 2. Final phase of 2nd puberty (17-20). 3. After puberty (20-30). b) <i>Low point</i> : 1. Between the 7th and 8th years of life. 2. Old age (80-90).

I. If the attitude taking is missing completely, then the *inflation* is *total*.

If the person fights the danger of inflation however by his or her taking an attitude, then we speak of *deflation*. The overcoming of inflation can happen in three ways:

1. *by introjection*; the result is the doubling of the ego and the ideal formation of possession: the person *wants to be everything and to have everything*. From this: inhibition of will and decision-making;

2. *by compulsion*; the result is: compulsive thoughts, compulsory labor; and/or compulsive thinking.

3. *by denial*; the result is inhibition, thus restriction of the ego functions, renunciation, and avoidance.

With great emphasis we must stress that with the three kinds of inflation defenses that the ego danger of obsession is also constantly present, where the socialization and respectively the sublimation succeed.

II. The differences concerning the *contents* of inflation:

- |  |   |                       |
|--|---|-----------------------|
| 1. The ambitendency between Satan (devil) or God | } | Total inflation.      |
| 2. Bisexuality or sublimation drive:             |   |                       |
| 3. Incest binding or mature sexuality:           |   | Introinflation.       |
| 4. Sexual abstinence or lack of inhibitions:     |   | Introinflation.       |
| 5. Sadism or masochism:                          |   | Compulsion deflation. |
| 6. Perversion or mature sexuality:               |   | Inhibition.           |

III. Differences concerning the *ego danger*:

- |  |                       |
|--|-----------------------|
| 1. Inflation or flight:  | Total Inflation.      |
| 2. Doubling of the identification or adaptation with disimagination and/or projection: | Introinflation.       |
| 3. Compulsory labor or projection:   | Compulsion deflation. |
| 4. Renunciation or autism:   | Inhibition.           |

IV. Differences regarding *readiness for illnesses*:

- |   |  |
|---|--|
| 1. Paranoid and/or paranoia and pre-schizophrenia:                  | Inflation, Introinflation, Inhibition. |
| 2. Will inhibition, will powerlessness, inability to decide:        | Introinflation.                        |
| 3. Compulsion in thinking, speech and work with anxiety and phobia: | Compulsion deflation.                  |
| 4. Conversion hysteria, hypochondria:                               | Inhibition.                            |
| 5. Lack of inhibitions:   | Introinflation.                        |
| 6. Perversions:   | Inhibition, Introinflation.            |
| 7. Paroxysmal seizures (epileptic form equivalents):                | Introinflation, Compulsion deflation.  |

## 8. Criminality

- |   |                       |
|---|-----------------------|
| a) Striking one dead in affect and jealousy } | Inflation,            |
| b) Fraud, embezzling }                        | Compulsion deflation. |

V. Differences concerning character. See table 11.

VI. Differences concerning age have hardly been determined. Nearly all inflation and deflation mechanisms are most frequently done in youthful years from 20 to 30 years.

### *III. The Introjective Defense Mechanisms*

With this kind of defense the ego tries to master the situation by *incorporation* of the dangerous strivings. Out of being demands are made *having demands*: thus they are brought closer to reality.

Three kinds of defense mechanisms are applicable here:

1. Total introjection vacates all being demands from its wish consciousness; it governs in the ego the demand for power: *to have all*.
2. As *forephase to total introjection the inflaprojective* introjection functions by which the projective and inflative strivings -- in the form of abandonment and femininity -- are always still present; they become however accepted and incorporated into the ego.
3. *The intronegation* appears clinical as a *compulsion mechanism*. Table 12 gives information about these three introjective kinds of defense.

### *Summary of the Introjective Defense Mechanisms*

Although with all three manners of the introjective group of defenses the particular *inclination to incorporation* constantly makes itself known, we can nevertheless report on their separating differences.

I. At one time *both* opposite drive striving of the ego are incorporated.

Thus:

1. with total introjection and
  2. inflaprojective introjection;
- however, *the one striving* is incorporated and the opposite however is repressed:
3. with the compulsion mechanism.

II. The difference concerning the *contents* of the incorporated consists in the following:

1. the *double Oedipal binding* is incorporated with total introjection;
2. femininity (and/or the abandonment) with inflaprojective introjection;
3. the *socially positive* strivings (like compassion, conscientiousness, justice, purity and so on) is introjected with the compulsion mechanism.

III. Regarding the *readiness for illness* the following differences were determined:

1. Total introjection points to a particular affinity for the *narcissistic affections* (that is the autistic-magic schizophrenia and melancholia) and to the narcissistic perversions (to fetishism, to masochism or to narcissistic homosexuality with women).
2. Inflaprojective introjection is found with paranoid neuroses, anxiety neuroses, intellectual disturbances, deception and suppression.
3. The compulsion mechanism dominates with compulsive acts, partly also with hypochondria, more rarely with conversion hysteria and among criminals the burglars.

IV. The differences in the *character* are represented in detail in table 12.

V. The disparities in age are not large: with all three introjection mechanisms dominate: 1. *first puberty* (3 to 4), *which seems to us the chief period of introjection*; 2. the prepuberty and juvenile puberty (9 to 12 and/or 13 to 16). Total introjection is likewise characteristic for the adolescent age (17 to 20).

Table 12. The Introjective Defense Mechanisms

III. Introjection as Defense Mechanism	1. Total Introjection [E <sub>k1</sub> ]	2. Inflaprojective Introjection The Forephase of Total Introjection [E <sub>p3</sub> = A <sub>2</sub> D]	3. Compulsion Mechanism Intronegation [E <sub>k2</sub> ]
I. Term Definition	The dangerous drive need is evacuated from the wish consciousness in such a manner that both opposite strivings of the ego are incorporated.	The danger of femininity and the abandonment is defended against by incorporation of the projection and inflative strivings. <i>Countering of inflation and projection by introjection [desintrojection]</i>	The dangerous need is evacuated from the wish consciousness in such a manner that the one striving is repressed and the opposite is incorporated into the ego. <i>Countering of negation by introjection.</i>
II. Test Form	$Sch = + \begin{matrix} k & p \\ & 0 \end{matrix}$	$Sch = + \begin{matrix} k & p \\ & \pm \end{matrix}$	$Sch = \pm \begin{matrix} k & p \\ & 0 \end{matrix}$
III. Impact Analysis	1. The prohibited need is evacuated from out of consciousness ( $p_0$ ); 2. its two strivings of the ego are incorporated ( $k+$ ); 3. in such a way that from being power becomes having power (omnipotence, occupation, etc.).	1. After the crisis of the participation is established the abandonment ( $p \pm$ ); 2. the person partly reacts to the crisis with projection ( $p-$ ) and partly with inflation ( $p+$ ); thus arises a feminine ego ( $p \pm$ ); 3. the ego tries to cancel the abandonment by incorporation ( $k+$ ).	In the compulsion defense mechanism two kinds of defense work at the same time: <i>1. repression (Sch = - 0); 2. introjection (Sch = + 0).</i> The unwanted becomes thus in two ways evacuated from the wish consciousness.
IV. Analysis of Opposites. Analysis of Foreground and Background	a) <i>The foreground:</i> 1. conquers the world; wants to have everything and take in possession all valuable objects of the world; 2. it feels all-powerful or all-guilty; 3. becomes narcissistic with power; 4. grows intolerably lonely and participates with the have object (money, car, fetish, guilt, etc.); 5. dams up the love in himself or herself but can not discharge it however or only in a perverse form (anal sadism, fetishism, masochism). b) <i>The background:</i> 1. loses the world and becomes alienated from it; 2. is passive and masochistic; 3. harbors sensitive relations ideas; 4. is completely contactless and depressive; like a child must crawl in bed and into the lap of the mother; 5. lives in fear of death or fear of catastrophe; wants to kill himself or herself or fears becoming mad.	a) <i>The foreground in the case of a man:</i> 1. is still incestuously bound; 2. wants however to separate himself; 3. he feels abandoned and feels thus to be made effeminate; 4. his sexual development is still undifferentiated and at one time is passive and soft and at other times hard and masculine; 5. relations and conscience anxiety drive him nevertheless and he tries to conquer the world and the woman. b) <i>The background:</i> 1. is a repressor; 2. he represses both his homosexuality and his incest demands; 3. also the Cain troubles him and throws him into anxiety. <i>With the woman appears a have-power addict person in the foreground who must have each man and each valuable object of the world. In the background she represses the same homosexual, incestuous, and Cainish demands as does the man.</i>	a) <i>The foreground:</i> 1. is a doubter (ambivalent) in each areas of the soul; 2. repression of the infantile anality and sadism (also the drive to kill); 3. however he or she stresses in his or her character and behavior the compassion for doing good, cleanliness, the selflessness, the ability to do welfare service (reaction formations); 4. isolation of the events from their emotion; 5. stresses the ceremonial and is inclined to repetitions and expenditure of time; 6. makes undone events by negative magic; 7. is desperately unhappy. b) <i>The background:</i> 1. is abandoned; 2. feminine, latently homosexual or perverse; 3. lives in a sadomasochistic dual union; 4. is pretty often unrestrained (drunkenness addiction). This background means for the compulsion neurotics constantly the danger to become a projective or inflative paranoid. Often he or she holds back the paranoid for many decades with compulsion.

Table 12. The Introjective Defense Mechanisms (continuation)

III. <i>Introjection as Defense Mechanism</i>	1. <i>Total Introjection</i> [E <sub>k1</sub> ]	2. <i>Inflaprojective Introjection</i> The Forephase of Total Introjection [E <sub>p3</sub> = A <sub>2</sub> D]	3. <i>Compulsion Mechanism</i> Intronegation [E <sub>k2</sub> ]
V. <i>Drive and Affect Dangers</i>	1. <i>Double Oedipus situation</i> ; double introjective identification with both parents parts; 2. sadomasochism; 3. unfaithful; 4. fear of death, fear of impoverishment.	1. Undifferentiated sexual development; 2. the danger of the over-strong pleasure principle; 3. the repression of Cain causes anxiety conditions; 4. in the background lies in wait repression and the danger of a neurosis.	a) <i>With the man</i> : 1. sexual drive goal inversion; 2. or anal sadism, perversion; 3. inverted rivalry; 4. unfortunate dual union. b) <i>With the woman</i> : 1. Discrepancy between the masculine ego and feminine sexuality; 2. inverted rivalry; 3. doubt about contacts.
VI. <i>Illness Forms</i>	1. <i>Autistic schizophrenia with cosmic, magic delusion of omnipotence</i> ; 2. <i>Melancholia also delusion of guilt for everything</i> ; 3. <i>narcissistic perversions</i> : fetishism, masochism; 4. narcissistic homosexuality (with women).	1. <i>Paranoid neurosis</i> ; 2. increased antisocial (cheat, embezzler); 3. anxiety neurosis; 4. intellectual disturbances (debility).	1. <i>Compulsion neurosis</i> ; 2. hypochondric; 3. conversion hysteria; 4. compulsion delusion with psychoses; 5. burgler with criminals.
VII. <i>Character</i>	1. <i>Extraversion</i> ; Turning of the interest outward; 2. positivism, rationalism; dry soberness; 3. cold, hard, severe; 4. urge for rationalism; 5. love for form; love for logic, sense of order; 6. compassionate and heartlessness; 7. <i>egoism</i> ; 8. <i>having addiction</i> ; 9. <i>ego relatedness</i> ; 10. stubborn, opinionated; 11. autism; 12. changing ego; 13. closing off oneself.	The character traits are similar as that of total introjection: having addiction, egoism, self-centered, narcissism, affect lability, sexual-having craze, unsteadiness, drive for prestige, inclination to false swagger.	1. <i>Over-strong imprinting of certain ethical, aesthetic, social traits</i> like selflessness, compassion, conscientiousness, justice, cleanliness, punctuality, love of order, pedantry; 2. touchiness; 3. changes in mood; 4. anxiety; 5. vanity, pride; 6. self-control; 7. mental adaptation; 8. sexual weakness; 9. self-preservation weakness; 10. <i>stick-to-it [sticky], slowness</i> ; 11. <i>pessimism</i> ; 12. <i>brooding and addicted to doubt, scruples and reproaches</i> ; 13. superstitious; 14. mechanical compulsion impulses (pulling, scratching, tapping); 15. thinking of numbering, calculating, listing; 16. contrasting feeling expressions; 17. inclination to minimizing; 18. outwardly lacking in feeling, inwardly excitement; 19. tragic sadness and contactlessness.
VIII. <i>Chronology</i>	a) <i>High point</i> : 1. <i>First puberty (!)</i> (3-4). 2. Adolescence (17-20). 3. Occupation choice age (21-30). b) <i>Low point</i> : 1. Old age (80-90).	a) <i>High point</i> : 1. First, infantile puberty (3-4); 2. Second, juvenile puberty (13-16); b) <i>Low point</i> : 1. Old age (80-90). 2. Very rarely between 60 and 80.	a) <i>High point</i> : 1. Second puberty (13-16). 2. First puberty (3-4). 3. Prepuberty (9-12). 4. Prior to latency period (5-6). b) <i>Low point</i> : 1. Old age (80-90). 2. Age of occupation choice (20-30).

Table 13. The Negating Defense Mechanisms

IV. <i>Negation as Defense Mechanism</i>	1. <i>Total Negation. Repression Repression. Negativism [B<sub>i</sub>]</i>	2. <i>Projective Negation. Adaptation Destruction [C]</i>
I. <i>Term Definition</i>	<i>Repression</i> is the evacuation of forbidden conceptions from the wish consciousness by the power of the denial.	<i>Adaptation</i> is the denial of wish projections. If the denial is very strong, then we speak of destruction.
II. <i>Test Form</i>	$Sch = \begin{matrix} k & p \\ - & 0 \end{matrix} = \text{repression}$ $Sch = \begin{matrix} - & ! \\ 0 & \end{matrix} = \text{negativism}$	$Sch = \begin{matrix} k & p \\ - & - \end{matrix} = \text{adaptation}$ $Sch = \begin{matrix} - & ! \\ - & \end{matrix} = \text{destruction}$
III. <i>Impact Analysis</i>	1. The attitude taking and systolic ego denies the conceptions and id stirrings that have penetrated into the wish consciousness ( <i>k -</i> ); 2. the denial is so strong that the evacuation of the wish consciousness becomes total ( <i>p 0</i> ); 3. all conceptions, also the original repressed associatively connected, are “afterwards repressed” (Freud); 4. Thus develops in the <i>unconscious</i> a cluster (complex) of rejected conceptions.	1. Also the adaptation has the demand for participation, and it strives for being everything and having everything and also he or she transfers demands into the world outside ( <i>p -</i> ); 2. however he or she <i>renounces</i> all of this ( <i>k -</i> ) and he or she <i>checks reality and denies everything that the wish world preserves</i> . Thus he or she becomes an idealless drilled person.
IV. <i>Analysis of Opposites. Analysis of Foreground and Background</i>	<p><i>a) The foreground.</i> 1. The repression is replaced by neurotic, or criminal, or psychotic symptoms; 2. after that the kind of the substitute formation in the clinical picture of the foreground is very manifold. (See under VI.: Illness Forms.)</p> <p><i>b) The background.</i> 1. is constantly the femininity, which the background ego <i>accepts</i> (<math>Sch = + \pm</math>); 2. he wants -- like a have-power-addicted woman – to take each man into possession and is thus homosexual or bisexual; 3. there prevails in him <i>have power</i>; 4. and he raves like a Cain.</p>	<p><i>a) The foreground</i> is the drilled person: 1. concerning the sexual is constantly ready to proceed and he or she in the choice of the object is not matched to an ideal picture; 2. is neither good nor bad; lives most often in anxiety about the future; 3. is unable to form higher ideals; <i>he or she renounces and gives up</i>; 4. he or she clings nevertheless to life, although it has for him or her only grey colors,</p> <p><i>b) The background</i> however: wants absolute freedom and will be everything and have everything 2. will be a member of the culture and civilization; 3. wants to make himself or herself accepted and 4. wants to enjoy the world.</p>

#### IV. The Negating Defense Mechanisms

Here dominate: *avoidance, repression and renunciation*. We incorporate into these defense groups:

1. *total negation, thus repression;*
2. *projective negation, thus adaptation.*

Table 13. *The Negating Defense Mechanisms (Continuation)*

IV. <i>Negation as Defense Mechanism</i>	1. <i>Total Negation. Repression Repression. Negativism [B<sub>1</sub>]</i>	2. <i>Projective Negation. Adaptation Destruction [C]</i>
V. <i>Drive and Affect Dangers</i>	1. <i>Childlike aggression, damming up of the sadism, masochism and/or sadomasochism</i> ; 2. loneliness; 3. panic, sensitive anxiety about relations, fear of conscience, anxiety about guilt and punishment, crude Cain affects.	1. <i>The total depreciation of all values, thus the destruction of others (allo-destruction) or his or her own person (auto-destruction)</i> ; 2. the rebellion of Cain (revolution).
VI. <i>Illness Forms</i>	1. Phobic; 2, hypochondria; 3. sexual disturbances; 4. <i>conversion hysteria</i> ; 5. compulsion neurosis; 6. killer; 7. catatonia.	1. <i>Mania</i> ; 2. paralysis; 3. <i>destructive catatonia</i> ; 4. anxiety and conversion hysteria.
VII. <i>Characterology</i>	The character of the repressor often is the same as that of the inhibited. As particular traits are shown: 1. the "solemn" speech with which he or she wants to conquer the listener; 2. he or she strives to appear outwardly <i>strong</i> but however is weak; 3. inclination to the moral masochism; 4. and therefore is incapable of devotion; 5. discomfort and anxiety before the world and before oneself; 6. aesthetic nature; 7. he or she "perfumes" himself or herself with ethics, religion, art, humanities; one feels constantly however a falseness about it; 8. often talented in language and in music; 9. strives after the new and sticks to the old; 10. seldom really succeeds in developing his or her talent.	His or her character is governed from the foreground (see item IV). 1. in sexual life indiscriminate and is constantly ready for any encounter; 2. is neither good nor bad; 3. is himself or herself drilled and drills all who are subordinate to him or her; his world is grey and without any ideals; 4. lives for work, sport, bicycling and motorcycling or any activity, eating, drinking, sleeping; 5. at the time of a revolutions he or she reverses and wants to be everyone and to have everything.
VIII. <i>Chronology</i>	a) <i>High point</i> : 1. <i>Prepuberty</i> (9-12). 2. Juvenile puberty (13-16). 3. End of puberty (17-20). b) <i>Low point</i> . Old age (60-80).	a) <i>High point</i> : Between 40 and 80 years. b) <i>Low point</i> : In childhood: 3-12 years.

Two further kinds of negation defense, i.e. *the inhibition and the estrangement*, were already treated.

The total negation, that is repression, represents the leading kind of defense with the neuroses. Adaptation -- thus the renunciation of the transferred out demands -- is the defense form of the mentally healthy average person.



Both negation forms can maintain however a quantitative increase of the negation; then that can proceed from neurotic repression to psychotic *negativism* (with catatonia) and from the banal renouncing anti-social *destruction* (self-destruction and allo-destruction\*). In the test these increases of the denial in the quantity of tension ( $k -!$ ,  $k -!!$ ) are *easy* to diagnose. [\*allo = other; *allo destruction* = destruction of the other]

Table 13 gives an overview of the negating kinds of defense.

### *Summary of the Negating Defense Mechanisms*

The denial of a drive demand is the usual and most natural defense protection of humans. Although in table 13 only total repression and adaptation were represented as negating defense mechanisms, denial plays an important role also with two other kinds of defense, i.e. with *inhibition* and with *estrangement*. With *inhibition* however in our opinion the ego diastole, *obsession* with ambivalencies ( $p +$ ), still has the more important portion. Inhibition is the denial of the doubling, in particular the greatness ideas. Therefore we assigned the inhibition as negated inflation to the *deflation kind of defense*.

With *estrangement* we judge the *projection* as the strongest working ego function. Therefore we have incorporated it into the group of the “*deprojection*” and interpreted the estrangement as *inhibited projection*. Never however can we forget how highly the role of the negation is to be estimated both with inhibition as well as with estrangement. This circumstance makes it necessary to mention here in the summary all *four* negating kinds of defense and separate one from the other. We begin the discussion with the most frequent and most everyday kind of denial that of adaptation.

1. *Adaptation* is called ego-psychologically that negation form with which the ego denies ( $k -$ ) the primary contents of the projection ( $p -$ ). From there the recognized ego picture of adaptation: *Sch = - -*.

Humans are thus adapted to reality,

a) if he or she is able to deny the demand of the primitive soul to participation, to be one, the same, and related with the object;

b) if he or she denies everything that will transferred out as desire for power extension into the outside world as something *unrealistic, irrational, and non-existent*. The “adapted person” examines thus whether what he has represented to himself in his projected wish world really exists in the outside world and whether for him personally is present the possibility in reality to find and have this representation. Since however this quite often does not apply, he must *renounce* these wish projections. That means:

*adaptedness*. We call these adapted persons: *the "drilled persons"* and his or her ego: *the drill ego*.

From the point of view of the community life we must greatly value the act of denial by the drilled persons. For the person however this drill condition is not so rosy. We can prove the following mental facts experimentally:

- a) The adapted drill person strives 66.9% of the time for *sensual love*, which he most often -- from compulsion from the outside and often also from the inside -- renounces.<sup>18</sup>
- b) The drill person in 20% of the cases dams up rage, hate, anger, revenge, envy, and jealousy in himself or herself and must also deny these Cain demands.<sup>19</sup>
- c) Furthermore the drill person is from the desire to be unfaithful in Central Europe in 47.8% of the cases and inundated by the demand to cling to someone -- as once to the mother -- in 26.4%, and therefore he or she must renounce both demands.<sup>20</sup>

It is indeed not easy thus to be an "adapted drill person." Nevertheless 49.2% of old men (70-90 years old), 32.1% of the adults (20-60 year old), 22.0% of the young people (13-20 years old) -- even 21.8% of the children (up to 12 years) belong to this drill category in the population in Central Europe (Hungary).<sup>21</sup> Also it seems to apply to everywhere in Europe.

The Spanish psychiatrist and psychologist F. Soyo Yarritu found in Spain among 750 Navarresern between 20 and 60 years 36.2% drilled persons; that is only around 4.1% more than we have in Central Europe.<sup>22</sup>

Even with primitive Bush Negro tribes -- thus with the Fang and Galoa Negroes and also with other African tribes -- my coworker Emerich Percy in equatorial Africa, where he examined them in the hospital of Dr. Albert Schweitzer with the Szondi Drive Test found in 22.9% the drill ego; that is in the same frequency as we found it in Central Europe with young people and with children.

From the *social* point of view adaptation is the most important negation form, since it functions as the sustaining principle of any community life of the cultural-poor primitive peoples up to the cultural-rich peoples and from childhood up to the old age.

Each adaptation carries however both for the individual as well as for the community hidden dangers in itself.

Because: with the drill situation always sexual, gross-affects (Cainish), power-greedy, pleasure-in-acquiring (anal) and clinging-need or separation-need drive

excitations are denied and thus unsatisfied dam up. Therefore each group of drilled persons is considered as a barrel of fuel, which one must deal with extreme care. Revolutions prove this.

2. Inhibition [*Hemmung*]: as already was discussed -- in ego teachings of Fate Analysis [*Schicksalsanalyse*] negation is the function by which the obsession and the ambitendency, thus inflation ( $p+$ ), is denied by the attitude taking ego ( $k-$ ). *The denial of any inflation leads to inhibition.* In the test the inhibition is expressed by the ego picture  $Sch = - +$ .

Since inflation brings with itself constantly an expansion of the ego functions, the inhibition (as denial of inflation) must lead to *function restrictions* of the ego (Freud). These function restrictions of the ego by inhibition become quite often found in the areas of the sexual life ( $S$ ), affectivity ( $P$ ), the contact drives: Orality (eating, drinking, speaking, thus the  $m$  area) and anality ( $d$  area). *Inhibition as denial of obsession does not always have to be an illness. It is a socially useful prevention for the average person.*

The frequency of inhibition and repression shows however one that the adaptation is a polar opposite relationship to age. While the adaptation is to be found ever more frequently with aging in a population, inhibition becomes constantly rarer. Thus we found in a Central European population (Hungary) 12.3% inhibited young people (between 13 and 20 years) as against only 3.4% among old men (between 70 and 90 years). The adults (between 20 and 60 years) are inhibited in 8.8% of the cases. In Spain F. Soto Yarritu found among the adults 9.8%. The difference is thus only 1.0%.

With the equatorial African tribes E. Percy found however only 1.2% "inhibited" Negroes. If these findings in the future would be confirmed by other authors, then one could say: Inhibition is a pronounced denial form of the "cultural-rich" civilized persons. The *taboo rites* of the primitives do not belong to the inhibition form of the negation. They appear rather by repression and adaptation than by inhibition.

3. Estrangement-alienation: is -- as already was mentioned -- that form of the negation, with which the ego denies femininity or the abandonment. In the test both mental situations is manifested by synchronous inflation and projection with the denial.

The relationship of the estrangement to the transference neuroses, in particular to conversion hysteria, to the depersonalization phenomena before and after a melancholia or a schizophrenia episode, furthermore to the jealousy delusion has already been treated clinically and psychologically in the first volume of the "drive pathology."<sup>23</sup> It is here only mentioned that this kind of negation was exhibited in the youth 9%, with adults 8.1%, with old men 4.2%, and with children 4% frequency. According to Soto Yarritu estrangement is somewhat rarer with adult Navarresern (5.6%). With the black tribes of equatorial Africa amounts to 1.2% in frequency according to Percy. The Negro tribes

living in a natural state seem to use as defenses thus neither inhibition nor estrangement of their obsession and their requirements for participation.

4. Repression [*Verdrängung*]: is called the process in psychoanalysis by which the ego withdraws its interest in a prohibited conception or striving and blocks it from becoming conscious and from all motor discharge.

Repression is according to Freud a preliminary stage of negation. According to the ego analysis of Fate Psychology [*Schicksalspsychologie*] repression is that form of negation, with which the prohibited conception or drive excitation is completely vacated and evacuated ( $p\ 0$ ). That means the denial by repression reached through the negated conception and/or striving neither as inflative nor as projective contents of the “*p*” ego operates; they disappear completely from the area of the ego diastole. Precisely therein exists the difference between repression ( $Sch = -\ 0$ ) and the adaptation ( $Sch = -\ -$ ) and between inhibition ( $Sch = -\ +$ ) and estrangement ( $Sch = -\ \pm$ ). Thus while with the mentioned other negation forms the prohibited need or the negated conception despite the denial constantly the projective (adaptation) or inflative (inhibition) or at the same time inflative *and* projective (estrangement) still participates, we find with repression no more trace from the blocked conceptions and strivings ( $p\ 0$ ). One can state: *the evacuation by negation is with repression an absolute.*

With the sequential experimental ego analyzes we can show that repression represents virtually a last stop of the negation process. Adaptation, inhibition and estrangement are all only the incomplete forephase of repression in the effort of the ego to vacate completely a conception or a striving by *denial* out of the area of the diastole.

In the normal population in Central Europe we found repression: with children 13.0%, with young people 11.3%, with *adults* 7.7%, with old men 2.5%.

In Spain Soto Yarritu found *more* repressors (12.8%) among the adults -- supposed because of the severity of the catholic church. This is thus hardly a surprise for us. Percy’s report where he found among the adult Bush Negroes repression nearly as frequently (7.2%) as with Central Europeans (7.7%) certainly surprises us. This circumstance can occur naturally on the basis of the taboo in the sense of Freud’s “Totem and Taboo.” Rites against the incest are to be understood.

Thus we have explained the ego psychological differences between the group of the primary negation defense (repression and adaptation) and the group of the secondary negation defense (inhibition and estrangement).

The last two defense mechanisms that we have still to treat are:

## V. *The Integrating and Disintegrating Defense Mechanisms*

The circumstance that the integrating ego is inseparably connected with the disintegrated ego in a *complementary ego fate* permits us to treat this group of defense as one.

Table 14 gives us information about these two rare defense forms.

### *Summary of the Integrating and Disintegrating Defense Mechanisms*

I. The ego psychological difference between these two rare complementary kinds of defense consists in the maximum union of all defensive activities with integration and the complete giving up of any defensive activity with disintegration.

While with the integrated person, all their ego powers are massed up to the bursting point in order to be able to defend the ego from the threatening drive dangers at the borders, the disintegrated ego has completely given up and takes refuge into a twilight dark world of impotence. To be powerless is therefore also a kind of defense against the dangers at the borders of the drive life.

II. Regarding the *background* we must emphasize the difference that integrated persons must protect themselves not only from the foreground drive dangers but also from the dangers of the background disintegration. If thus the power of the braking fails, then the ego disintegrates.

This is different with the disintegrated. The reintegration in the background gives the person constantly the chance nevertheless to be able to come out of dissolution and impotence if he or she succeeds in bringing the integrated background onto the front stage. This is indeed quite often the case -- in particular with paroxysmal persons, for example, after a seizure.

III. Concerning the *drive and affect dangers* no differences are to be noted since integration and disintegration represent only two phases of the same complementary ego fate, which follow successively one another.

IV. The clinical pictures are, nevertheless, different. The integration defense appears most often as *phobia, anxiety, and conversion hysteria*, more rarely killers in a passion. Disintegration however emerges as a *twilight phase* with epilepsy or with the paranoid in going insane, quite often as *ego change* with lesbian women. Also a

hypochondriac phobic person can temporarily get into a disintegrated twilight condition as also compulsion neurotics, if they temporarily give up the compulsion mechanism.

V. We represented in detail the *character differences* between integrated and disintegrated persons in table 14.

VI. The affinity to a certain age shows likewise differences: Integration is in juvenile puberty and at the end of maturity; disintegration however is relatively most frequent in the ages from 60 to 70 years.

We turn now to the discussion of such defense mechanisms, with which defense reactions -- apart from the unconscious ego changes -- remarkably go into action in the area of the sexual, affect or contact life.

Table 14. *The Integrating and Disintegrating Defense Mechanisms*

V. <i>Integration and Disintegration as Defense Mechanisms</i>	<i>Integration</i> [F <sub>1</sub> ]	<i>Disintegration</i> [F <sub>2</sub> ]
I. <i>Term Definition</i>	<i>Integration</i> is called the <i>union</i> , the simultaneous application of <i>all</i> possible defensive activities in the ego. Thus the union of projection, inflation, introjection and negation.	<i>Disintegration</i> indicates the complete giving up of the ego defense. The ego sets aside its defense activity temporarily and unilaterally in the long run completely.
II. <i>Test Forms</i>	$Sch = \begin{matrix} k & p \\ \pm & \pm \end{matrix}$	$Sch = \begin{matrix} k & p \\ 0 & 0 \end{matrix}$
III. <i>Impact Analysis</i>	The ego defends against the drive and affect dilemma in that it forms out of the border dilemma the <i>ego dilemma</i> ( $Sch = \pm \pm$ ). The opposition of man and woman, of Cain and Abel, of faithful and unfaithful become included in the ego life. At the border thus prevails peace.	1. The disintegrating ego does not resist the breaking in of id excitations. 2. The ego becomes inundated either from the id stirrings or lives in a twilight condition. 3. Also while an ego change is on the revolving stage, the “old” ego is given up.
IV. <i>Analysis of Opposites. Analysis of Foreground and Background</i>	<p>a) <i>The foreground</i>: 1. solves its bisexual-created sexuality so that he becomes heterosexual and prefers humankind love over the love of the person; 2. fights the bad, wants to be just, but it turns out nevertheless quite often that he or she is in anxiety about humankind’s future; 3. strives to become a <i>complete person</i>, and unites in his or her ego all opposites; 4. is faithful and will depend on humankind.</p> <p>b) <i>The background</i> however: 1. loses himself or herself easily, becomes powerless and lives in twilight; 2. preserves bisexual or sadomasochistic demands; 3. dams up the crude emotion of Cain in himself or herself; 4. is unfaithful and wants to be independent. From this dangerous background the person protects himself or herself by integration.</p>	<p>a) <i>The foreground dwells: First of all</i>: 1. in a twilight, or delusion, or hallucination or delirious state; 2. or in a spiritual and religious ecstasy; 3. or in a creative condition, in which he or she loses himself or herself. <i>Secondly</i>: The ego can stay in the condition of <i>ego change</i>: the old ego steps off of the front stage of the ego life; the new ego however does not yet appear in the foreground. <i>Thirdly</i>: suddenly the ego awakes from the twilight condition and takes up its defense activity.</p> <p>b) <i>The background</i> finds itself during the disintegration in the condition of a “<i>re-integration</i>”; it prepares itself to fight on the front stage the border lying id stirrings with all its powers of defense, but only its time for appearance has not yet come.</p>
V. <i>Drive and Affect Dangers</i>	1. Drive goal inversion; 2. the fixation on an early infantile drive level; 3. bisexuality; 4. fear to lose the object; 5. lack of inhibitions; 6. complete giving up of contacts; 7. background disintegration; 8. anxiety about the future.	1. Bisexuality; 2. sadomasochistic perversion; 3. incest love, incest hate; 4. fight of Abel with Cain: conscience anxiety; 5. idea of disaster.
VI. <i>Illness Forms</i>	1. <i>Anxiety neurosis</i> , hysteric anxiety (for example paroxysmal tachycardia); 2. temporary before going insane or before an epileptic seizure; 3. Affect murderer.	1. Initial phase of <i>becoming insane</i> ; 2. epilepsy (in the twilight condition); 3. phobia; 4. hypochondria; 5. poriomania; 6. compulsion neurosis in the phase of the giving up of the compulsions; 7. lesbian women in the condition of ego change.

Table 14. *The Integrating and Disintegrating Defense Mechanisms (Continuation)*

V. <i>Integration and Disintegration as Defense Mechanisms</i>	<i>Integration</i> [F <sub>1</sub> ]	<i>Disintegration</i> [F <sub>2</sub> ]
VII. <i>Character</i>	<p>Persisting in the integration defense leads to the “dialectic” character: 1. recognizing, dividing and overcoming all contradictions in being and in having; in feeling and in thinking; 2. artist of the message and its contradiction; knight of the antinomies* [*<i>antimony</i> = an apparent or real opposition, contradiction, conflict, or contrast]; 3. striver after completeness and recognizer of the opposition in his or her wholeness (Hegel); 4. constant contending without peace: fights within him or her of the rational with the irrational, reality with the unreal, the ideal with the material; 5. the spiritual person and the drive person, Faust and Mephistopheles, Cain and Moses are united in the person; 6. they are the bearers of the masculine M-ego and of the feminine F-ego; they are maximally tolerant, however suddenly a Cain can flare up; 7. they are often vasoneurotics (migraine, asthma, hay fever, eczemas, and so on); 8. the personal anxiety becomes anxiety about mankind; they therefore become militant humanists; 9. in old age: in a calm way, they try to understand the depth of the evil in humans; 10. their greatest treasure is that of a strong ego; therefore, they dare the bold diving into the <i>unconscious</i> and their self-confidence is unshakeable; 11. are lonely wanderers among humans whom they however attract very strongly; 12. are unbearable strict in morality and criticism, in particular however to themselves; 13. are “biting humanists” (Voltaire, J. Swift, Daumier, Chaplin).</p>	<p>1. Permanent guilt anxiety; 2. A character congealed into the mask of humility and self-sacrifice; 3. angel outside of home and devil at home; moral masochism; 4. stickiness; 5. ungenue; 6. acting with exaggeration; 7. phases of dozing in foggy twilight state and men who have “cotton wool in their heads”; 8. they are never present; 9. persona men with an impersonal professional mask and which quickly grows in them; national or church moralists and purists without personal individuality; 10. as perfect professional men but than unbearable as family members.</p>
VIII, <i>Chronology</i>	<p>a) <i>High point</i>: In juvenile puberty (13-16) and at the end of maturity (17-20). b) <i>Low point</i>: In old age (70-90).</p>	<p>a) <i>High point</i>: At the age from 60 to 70; in the change from the young person ego into the adult ego between 20 and 30. b) <i>Low point</i>: Between 9 and 16.</p>



## *B. Defense Mechanisms with Ego and Sexual Reactions*

A defense mechanism according to S. Freud is a protection of the ego from drive and affect demands. This protection of the ego is in particular necessary before the id stirrings of a *sexual* nature. Our research looked for the answer to the following question:

*Does the ego defend against the sexual danger with the same or different mechanisms?*

The results concerning this question are the following:

I. Against the actual increased crude-sensual sexuality ( $S = + +, 0 +, + 0$ ) the ego resists in four different ways:

1. by negation of the transferred out sexual demands, that is by adaptation and drill ( $Sch = - -$ );
2. by repression ( $Sch = - 0$ );
3. by estrangement ( $Sch = - \pm$ );
4. by flight ( $Sch = \pm -$ ).

That means: *the defense from the actual increased, crude-sensuous sexual demands is accomplished by negation ( $k -$  with the adaptation, repression and estrangement) or by compulsion ( $k \pm$  with the flight reaction). Either the sexual demands are completely vacated ( $p0$ , repression) from the wish consciousness, or the ego stays in the condition of abandonment ( $p\pm$  with the estrangement).*

II. The introinflation ( $Sch = + +$ ), total introjection ( $Sch = + 0$ ), inflation held back with compulsion ( $Sch = \pm +$ ) and total inflation ( $Sch = 0 +$ ) seem to be the most successful defense ways against the dangerous sexual demands.

By these four kinds of defense the ego can therefore socialize and/or humanize the daring, crude-sensual sexual demands, quite often in the form of passive, civilized devotion ( $S = 0 -$ ), love of human cultural ( $S = - 0, S = - -$ ) or however in a rather female weak tenderness form ( $S + -$ ).

III. Disintegration ( $Sch = 0 0$ ), inflative projection ( $Sch = 0 \pm$ ), total inflation ( $Sch = 0 +$ ), total introjection ( $Sch = + 0$ ), inflative projective introjection ( $Sch = + \pm$ ), the total projection ( $Sch = 0 -$ ) and negated inflation, that is the inhibition ( $Sch = - +$ ), are defense ways with which the ego in particular is able to defend against the bisexual demands ( $S = 0 \pm, + \pm, - \pm, \pm +, \pm \pm, \pm 0, \pm -$ ).

IV. The forephase of introjection ( $Sch = + \pm$ ), integration ( $Sch = \pm \pm$ ), compulsion ( $Sch = \pm 0$ ) and the flight ( $Sch = \pm -$ ) are able completely to paralyze the sexual drive under certain conditions in the form of asexuality, abstinence, frigidity ( $S = 0 0$ ).

About these relations between these kinds of ego defenses and sexuality we have already indicated in 1947.<sup>24</sup>

### C. Defense Mechanisms with Ego and Affect Reactions

The fact that the ego is able to defend against not only the sexual but also affect dangers has already been determined by psychoanalysis. The exact analysis of the affinity relations between ego defense and affect fate waited for the experimental drive research that uncovered the following connections.

I. The inflation held back with compulsion ( $Sch = \pm +$ ), repression ( $Sch = - 0$ ), integration ( $Sch = \pm \pm$ ) and flight ( $Sch = \pm -$ ) are kinds of defense that are accompanied most frequently by *anxiety conditions*. These four kinds of defense are capable of defending against the drive danger of crude sexual demands but the anxiety signals the danger that the suppressed drive excitations -- despite the defenses -- are still so strong that they are able to return occasionally.

II. Acceptance, that is the introjection of the abandonment and/or femininity ( $Sch = + \pm$ ), appears to have more success in the defense against drive dangers, since with it the anxiety is rarer than with the four preceding kinds of defense. With the last three kinds of defense [III. IV, V] we find an affect lability\* soon in the form of affect flood and affect ebb. [\*lability = characterized by a ready tendency toward or capability for change: changeable, unstable]

III. Disintegration ( $Sch = 0 0$ ), compulsion ( $Sch = \pm 0$ ), total introjection ( $Sch = + 0$ ), repression ( $Sch = - 0$ ) and total inflation ( $Sch = 0 +$ ) often go with ethical ( $e \pm$ ) or moral ( $hy \pm$ ) or with double ethical-moral dilemma ( $P = \pm \pm$ ).

IV. The crude affects of Cain is defended with greatest success by acceptance of the abandonment and femininity. The introjection of the abandoning mother and her substitute objects protects persons at most against the Cain danger.

However the least successful protections produced before the demands of the killing Cain: introjection (autism) and the flight mechanism.

V. We find the mild affect nature of Abel most frequently with the inflapjection ( $Sch = 0 \pm$ ) and with estrangement ( $Sch = - \pm$ ). A part of the drilled person ( $Sch = - -$ ) belongs also to the Abel group. We most rarely meet the Abel nature with the narcissistic, egoistic, autistic kinds of defense; thus with total introjection ( $Sch = + 0$ ).<sup>25</sup>

#### *D. Defense Mechanisms with Ego and Contact Reactions*

The ego can defend itself against an incestuous, bisexual, inverted or perverse drive danger also by means of a *contact barrier* ( $C = - -$ ) or *contactlessness* ( $C = 0 0$ ).

I. We find inflation ( $Sch = 0 +$ ) and the introinflation ( $Sch = + +$ ) most frequently with the *contact barrier* ( $C = - -$ ). Both kinds of defense are narcissistic forms of ego protection.

II. The contactlessness ( $C = 0 0$ ) is that infantile form of the relations among persons by which the person is able to participate with only one object and for all other objects of the world becomes unable to contact. This is in particular the case with integration ( $Sch = \pm \pm$ ), where the participation with a spiritual idea will be maintained continuously; furthermore with the introjection of the abandonment (by the mother), where the introjection picture of the abandoning mother determines all further choice behaviors. The person is simply blind and has a blind spot for “other” objects of the world.

III. Disintegration ( $Sch = 0 0$ ), total introjection ( $Sch = + 0$ ), the introjection ( $Sch = + -$ , autism) and partly also the inflative introjection ( $Sch = + +$ ) are those kinds of defense, with which the relations among persons is constantly uncertain and problematic ( $C = \pm 0, \pm +, \pm -, - \pm, \pm \pm$ ).

IV. Definite kinds of ego defenses -- thus introjection of the abandonment ( $Sch = + \pm$ ), integration ( $Sch = \pm \pm$ ), estrangement ( $Sch = - \pm$ ), flight ( $Sch = \pm -$ ) and the inflation held back with compulsion ( $Sch = \pm +$ ) -- accompany alternating with the happy ( $C = 0 0, 0 +$ ) and unhappy ( $C = 0 -, 0 \pm$ ) binding forms. The direction of the binding with these defense forms seems to depend in particular on outside circumstances. The change from the happy to the unhappy relations depends on the environment also perhaps on the respective braking power of the ego. The circumstance suggests that this binding change precisely occurs with those defense forms where a certain tendency of the ego to integration can be ascertained.

One receives the impression that the integration striving cannot necessarily make persons happy in their relationship with the environment. The collective happiness of the fellow men seems to be more important with each integration tendency of the ego than that for the individual.

Humanists are often not happy persons. One can speak with good reason of a *depression form of the humanist*, which holds the path however to the prospering of the well-being of one's fellow men.

We cannot leave the area of the theories of defense without discussing the relations of the ego to sublimation.

## End Notes

<sup>1</sup> JASPERS, K.: Allgemeine Psychopathologie [*General Psychopathology*]. Springer, Berlin und Heidelberg. 5. Aufl. 1948. p. 303 f.

<sup>2</sup> FREUD, ANNA: Das Ich und die Abwehrmechanismen [*The Ego and Defense Mechanisms*]. Imago Publishing Co. Ltd., London 1946.

<sup>3</sup> Die Psychoanalyse spricht demnach von *Triebabwehr und Affektabwehr* [Psychoanalysis speaks therefore of drive defense and affect defense].

<sup>4</sup> FREUD, ANNA : Das Ich und die Abwehrmechanismen, p. 10.

<sup>5</sup> Ibid., p. 11.

<sup>6</sup> Ibid., pp. 11-12.

<sup>7</sup> FREUD, S.: Hemmung, Symptom und Angst [*Inhibition, Symptom, and Anxiety*]. Ges. Schr. [Collected Works], Bd. XI, p. 106.

<sup>8</sup> Ibid., p. 28.

<sup>9</sup> FREUD, ANNA: Das Ich und die Abwehrmechanismen, p. 41.

<sup>10</sup> FREUD, ANNA: Ibid., p. 39 f. Vgl. hiezu [Compare on this to] REICH, W.: Charakteranalyse [*Character Analysis*]. Wien 1933.

<sup>11</sup> FREUD, S.: Ges. Schr., Bd. XI, p. 107.

<sup>12</sup> FREUD, ANNA: Zit. Buch [Cited book], p. 60 ff.

<sup>13</sup> FREUD, ANNA: Zit. Buch, p. 42.

<sup>14</sup> Ibid., pp. 24-25.

<sup>15</sup> FREUD, ANNA: Zit. Buch, p. 59.

<sup>16</sup> Ibid., p. 60.

<sup>17</sup> SZONDI, L.: Experimentellen Triebdiagnostik [*Experimental Diagnostics of Drives*], Textband [*Textbook*]. Huber, Bern 1947, p. 152.

<sup>18</sup> Ibid., p. 186, Tab. 29.

<sup>19</sup> Ibid., p. 194, Tab. 32.

<sup>20</sup> Ibid., p. 197, Tab. 34.

<sup>21</sup> Ibid., p. 262. Psychodiagn. Tab. Nr. IV.

<sup>22</sup> SOTO YARRITU: El destino humano como problema científico. Nuestros resultados con la prueba de Szondi [Human destiny as a scientific problem. Our results with the Szondi Test]. Diputación Foral de Navarra Institución Príncipe de Viana. 1952. p. 251, Tab. 40, and p. 255, Fig. 58.

<sup>23</sup> pp. 482, 485, 284, 460.

<sup>24</sup> Experimentelle Triebdiagnostik. Huber, Bern 1947. pp. 186-188. [An English translation came out in 1952: *Experimental Diagnostics of Drives* translated by Gertrude Aull; Grune & Stratton, New York, 1952.]

<sup>25</sup> Ibid., pp. 194-196.

## Chapter XX

# THE EGO AND SUBLIMATION

The interpretation of psychoanalysis of the defensive activity of the ego in the process of sublimation was also confirmed experimentally by fate psychological [*Schicksalspsychologische*] ego analysis. Nevertheless there exists between psychoanalysis and fate analysis an essential difference in the interpretation of the developing process with sublimation.

### 1. Sublimation in the Light of Psychoanalysis

Sublimation is according to Freud a particular fate of the drives. Drive fates according to psychoanalysis are kinds of defense against dangerous drives. In this sense Anna Freud places also the sublimation as a particular kind of defense mechanism.<sup>1</sup> The final goal for each drive remains constantly its *satisfaction*. The ways, however, that lead to the satisfaction can be changed and exchanged according to psychoanalysis.

*Sublimation is according to psychoanalysis that drive fate in which the object and the goal of the drive is changed in such a way that the primordial sexual drive is now no longer satisfied sexually but socially or ethically as a higher valued achievement.*

The most important theses of psychoanalysis regarding the sublimation run this way:

Since the program of the pleasure principle to become happy is not fulfilled for persons in the present culture and civilization, persons must transform and rearrange their "libido components." This process of the essential transformation and reorganization of the drive components is called: sublimation. One can indeed pursue different ways to the reorganization and transformation of the drive excitations; however, in none of these ways can a person reach everything that he or she desires in accordance with his drive nature. The acquisition of happiness in this "reduced sense" is the question of the individual libido economy. From there the slogan: "Everyone must indeed try in which particular fashion he can become blessed." (S. Freud.) The choice-determining factors are according to Freud: 1. the degree of the power with which the person can make himself or herself independent of the outside world and is able to reshape the environment according to his or her own desires. 2. Decisive however is the *psychic constitution* of the person that *determines the direction of the reorganization of the drives*.

Erotic persons seek also in the sublimation feeling relations with other persons; narcissistic persons, however, find the sublimation path in their *internal* mental processes. The person of action will test his or her powers also in sublimation in the outside world. Very crucial is the manner and the extent of the ability in the operation of the choice. The success of the sublimation depends particularly on the ability of the psychic constitution to adapt its function to the environment. If however the efforts fail to bring closer in any way the program of the pleasure principle to fulfillment, then appears the escape into a neurotic illness, which promises the person at least “substitute satisfactions.” Or however the person undertakes by means of the support attempt to the acquisition of happiness and protection against suffering through intoxication or delusion formations. Then he or she becomes actually addicted and/or psychotic.

## 2. Sublimation in the Light of Fate Psychology

### *a) Sublimation and Inheritance*

The decisive difference in the interpretation of the sublimation procedure of psychoanalysis and fate analysis exists in the following:

According to psychoanalysis the person is seeking with the sublimation a socially and ethically higher standing object and goal for the increasingly sick sexual drive. What changes with the sublimation is not the libido but the object and the goal of the love. According to fate analysis *both* fates -- both an increased sick drive as well as the corresponding alleles sublimation fate – are as allele hereditary factors and as allele genes available in the hereditary stock of the same person.

*Drive illness and the corresponding allele sublimation form are in our opinion bound intimately together by allele pairs of genes.*

The basis of the sublimation became thus in the fate analysis set up in the following way: *Inclination to a drive illness carries with itself the alleles' corresponding inclination to a specific whole for it, its "hereditary atmospherical" corresponding sublimation form.* We want to examine hereditary-biologically this thesis of the empirically found connection between the seizure illness (epilepsy = morbus sacer [holy disease]) and the particular sublimation by healing (soul care activity, healing by the spirit, thus the so-called homo sacer [sacred person] occupations).

Fate psychology considers, as is well known, that epilepsy as the extreme illness form of the so-called “Cain need”: the killing urge from rage, hate, anger, revenge, envy and jealousy.<sup>2</sup> In our drive system, this Cain need figures as the striving *e* —. We make however the following observations: *In the families of the seizure illness (epilepsy,*



migraine, asthma, vessel cramp, vaso-neurosis, allergic reactions like eczema and hay fever, vasomotor rhinitis, stuttering, kleptomania, poriomania, pyromania, dipsomania [drinking mania], killing mania and so on) *we also find, more than in the general population, theologians, ministers, monks, nuns, social welfare workers, welfare psychologists and remedial teachers and furthermore nurses, firemen and so on.* We state: The paroxysmal fate of the seizure illnesses, the so-called Cain illnesses, is *familial* in an *allele coexistence relationship* with the *ethical* sublimation fate of the sacer activities, which in the experiment test equals the striving  $e +$ . We call this  $e +$  healing striving with a corresponding original form of the Cain fate ( $e -$ ) the Moses fate ( $e +$ ). The Moses fate carries Biblical-historically, on the one hand, a killing in itself -- Moses killed an Egyptian and was even an epileptic and stutter -- and, on the other hand, God had chosen him as His prophet, who then brought *the law against killing* to the people.

*The Cain fate (K\*) and the Moses fate (M) are alleles of a pair of fates, which – in our opinion<sup>3</sup> -- correspond hereditary-biologically to a genetic pair of alleles.* The pure fate form of Cain comes from the homozygote pair of alleles  $KK$ . The pure fate form of Moses is decided hereditary-biologically by the homozygote pair of alleles  $MM$ . These pure fate forms however practically ever occur. [ $K^*$  = In German *Cain* is spelled *Kain*.]

With a simple dominant factor hereditary illness with the frequency of 1%, the dominant pure form ( $KK$ ) is to be expected only *once* among 40,000 patients.<sup>4</sup> We thus must accept practically constant the two zygote predispositions (E. Fischer). In our example this is called: the mixed zygote of two alleles of the fates of “Cain” and “Moses” and can be expressed by the formula:  $Km$  or  $Mk$  (Cain and Moses). The formula  $Km$  corresponds to the seizure patient, who holds however hidden also the Moses fate. The formula  $Mk$  corresponds to the homo sacer, who in addition is a bearer of Cain.

One will make the objection here that the gene “K” (Cain) and the gene “M” (Moses) cannot coexist in a pair of alleles, since they are “different” hereditary factors. One could only accept the coexistence if the gene “M” had developed from the gene “K.”

Whereupon we reply that within genetics is the avowed rule of the “*multiple alleles.*” According to this rule it is correct as *Mendel* states that with all alleles pairs of genes there must be one a dominant and the other a recessive (hidden); however: *a gene of a pair of alleles resulted from a mutation out of the other one.* By the mutation a gene can have numerous different phenotype hereditary forms of the same gene. Thus multiple *alleles of a succession of genes*, which take all the same place in the chromosome set and stand with one another in an allele relationship, but their particular predisposition differ *quantitatively* in content. The two most extreme gene mutations of this allele row can exhibit a *polarity* in the phenotype. For example: with the *drosophila melanogaster\** the allele row of the eye color extends from red up to the colorlessness (white). In numerous

cases the experimental proofs for the acceptance of this could be furnished in genetics.<sup>5</sup> [*Drosophila melanogaster* is a genus of small dark-bellied flies, belonging to the family Drosophilidae, whose members are often called "fruit flies."]

Due to the rule of the multiple allele we can assume that the hereditary factor "M" developed to the "healing function" (M = Moses function) through the mutation of the gene "K" for killing (Cain need). Two empirical facts confirm this assumption:

First is that the blood relatives of theologians can be epileptics or different seizure patients (stutters, migraine patient, vaso-neurotic, poriomaniac, kleptomaniac, dipsomaniac). The family tree research in "Schicksalsanalyse": family tree No. 43, 44, 45, in particular No. 46, 47, 48, 49, 50, 51, and in this book family tree No.1 are examples of these facts.

The second fact is the result of the test process, according to which the homo sacer *types* produce in the test the reactions  $e + --$  or  $e +! --$  and the seizure patients and affect murderer  $e -$  or  $e -!$  reaction. The  $e +$  reaction in the test is characteristic of the *conscience*;  $e -$  however that of the consciousnessless Cain. The paroxysmal basic need "e" remains constantly the same with the two polar opposite drive fates. They simply belong together.

We assume that the gene "K" exhibits a multiple allele row of gene mutations. The genes on the left side of this allele row appear on the gradient as "*Cain people.*" At a certain point on the allele row the mutated Cain genes appear already as "*conscience people,*" completely up to the law bringer "Moses," that stands at the last place of the right wing of the allele row. The original gene "K" causes the quantitatively strongest killing urge from rage, hate, anger, revenge, envy and jealousy according to this interpretation. The other genes developed by mutation:  $k_1, k_2, k_3$  and so on *bear quantitatively ever weaker predisposition to Cain, and thus the opposite predisposition becomes ever more strongly the conscience and the practice of the healing "Cain."* The last and weakest mutation form of the gene "K" (Cain) must therefore condition the strongest inclination to the conscience and to the drive after the healing Cain. Thus one can understand the last member of the allele mutation row of the gene "K" as the Cain gene as a polar opposite predisposition to the most complete "Moses," to the gene "M." We formally express this facts in such a way:  $k_n = M$ .

We can represent thus the mutation row of the "K" gene as follows in the meaning of the multiple allele:

$$\begin{array}{c} \text{Genetisch: } K, k_1, k_2, k_3, k_4, k_5, \dots, k_{20}, k_{21}, \dots, k_{n-1}, k_n = M \\ \underbrace{\hspace{10em}}_{\text{«Kain»-Gene}} \qquad \underbrace{\hspace{10em}}_{\text{«Moses»-Gene}} \\ \longleftarrow \hspace{15em} \hspace{15em} \longrightarrow \end{array}$$

*In the test: e - = "Cain" reactions; e + = "Moses" reactions*

Each person inherits a certain form of the K-gene from the father and from the mother. Thus different pairs of alleles of the K-genes occur in the hereditary structure of individuals. For example:  $K k_1$ ;  $k_1 k_2$ ;  $k_5 k_{10}$ ;  $k_n k_{20} = M k_{20}$  and so on; in the pairs of alleles the operation of the following alleles of the gene overlays the preceding (thus the quantitatively stronger) gene. That means:  $k_1$ , works to dominate the opposite  $k_2$  gene;  $k_2$  works to dominant the opposite  $k_3$  gene and so on. In the formula "K  $k_1$ " the full Cain will dominate. In the formula "M k" the fate "Moses" however will determine the phenotype; *there in the M, thus in the  $k_n$  gene predisposition to conscience is the strongest and that of Cain is the weakest*. The allele fates "K K" and "M M" are naturally the rarest and practically never-occurring fate variations.

Regarding the fate pair of opposites "Cain-Moses" the fate of the individual will depend on how strongly the Cain and/or Moses tendencies is conditioned by the two alleles genes in the hereditary structure of the person. In other words: *The drive to kill and the tendency, the conscience, thus the internal law to mobilize against killing, depends in the first place on the respective configuration of the "Cain-Moses" pair of alleles*.

That would be thus the *hereditary biological* basis, the constitutional factor in the "Cain-Moses" allele fate. If this hereditary constitutional factor would determine *alone* the fate, then no choice fate would be possible. Now for us, however, cases are well-known, where in the mentioned fate suddenly or gradually occurred a "dominance change." From the epileptic Saul became an apostle Paul. We ourselves know a case where a mother murderer became a pious monk. Or: A pious Tolstojaner\*, who dedicated his life exclusively to the care of the poor, vagrants, and the hungry, hurled an iron in a fit of rage against a child and nearly killed it. Perhaps also ministers, physicians, educators can commit a severe crime. Moses had destroyed the stone law tablet in rage. [\*Tolstojaners were inspired by the works of the Tolstojaner writer Leo Tolstoy, in particular by the book *The Kingdom of Heaven Within*. These were enthusiastic followers of the Christian ideals.]

There is therefore the possibility of a dominance change in both directions. In our language dominance change is called: the turning around of the fate revolving stage. We assume that this revolution is determined by the ego and in particular by the belief function of the ego. The stronger the ego is and its connection to the spirit, the greater the probability that a Paul can develop from a Saul and from a Cain person can arise a Moses human being.

\*

Fate Psychology grants the ego and its belief function a force in the question of sublimation, which is able even to step in against the inheritance. In the last chapter of this book (“The Ego and Belief”) this interpretation will be discussed in detail.

Mutatis mutandis\* we can understand and interpret also the other possible allele fates like *schizophrenia and psychopathology, circular psychosis and art* and so on. The particular *predisposition* intended for a *mental* or artistic ability determines only the *level* of the sublimation and/or the socialization. [\**Mutatis mutandis* = the necessary changes. This is a phrase of frequent practical occurrence, meaning that matters or things are generally the same, but to be altered, when necessary, as to names, offices, and the like.]

Our thesis about the sublimation process reads therefore as follows:

I. *Each sublimation form is hereditary predetermined with alleles of a drive illness by the appropriate pair of allele genes. Certain drive illnesses stand with particular sublimation and/or socialization possibilities in a complementary relationship. We speak thus of alleles fates and of complementary fate connections.*

II. Sublimation is that *choice fate* with which the ego by its belief function favors the feature of the pair of alleles on the revolving stage of life in the direction of the spirit, ethics, and morality.

### b) Sublimation and Ego Analysis

The task of fate analysis, in particular those of the experimental drive diagnostic, consists in the solution of the following questions:

I. Can one determine the close relationship between the drive structure and the sublimation form?

II. If yes, then we must ask: Wherein consists the characteristics with the different kinds of sublimation?

The answer of fate analysis to the first question was already mentioned. We state: *The manner of the sublimation is hereditary-biologically determined from the individual conductor nature of the person. Drive illness and the corresponding sublimation form shape an allele pair of fates. The profound relationship between “sublimation choice” and conductor nature is the same as between occupation choice and the hereditary circle.*

The answer to the second question is based on the above thesis: *The characteristic of the kind of sublimation depends -- like the manner of the symptom with the neuroses and psychoses -- on the kind of defense mechanism. Thus: the close, hereditary-biologically well-founded particular coupling between the drive and the manner of defenses remains intact also on the high level of the sublimation.*

From the drive pathology it is well-known that, for example, the danger of bisexuality is defended against differently than that of jealousy, sadism, that of Cain or anal sadism.

The specific kind of defense for the danger of the bisexuality is, as is well known, the double identification, the “integration” of the man and the woman in the ego. As symptom this manifests itself in the form of any *phobia*.

However the “Cain danger” is thus defended against by means of “disintegration” and by the dismantling of the ego and the danger of anal sadism with the help of the compulsion mechanism. These particular couplings between kind of drive danger and manner of defense are to be found also with the kinds of sublimation.

The experimental drive research of sublimation brought us incontestable proofs for the correctness of the above thesis. Persons, who sublimate with the help of an ego integration and thus with two-sexual identification ( $Sch = \pm \pm; \pm +$ ), show in their youth or also later regularly *phobic* symptoms. Behind their phobia and sublimation is the same danger of bisexuality and/or that of psychic hermaphroditism as result of the double identification with the father and the mother. However we find in the experiments the danger of sadism also with the highly sublimated, who similarly as the epileptics use the same defense mechanism of “disintegration,” thus with the giving up of the ego and the rigidity of the persona save themselves from the drive danger of Cain.

Table 15. Sublimation as Defense Activity of the Ego

Defensive Activity --> Kind of Sublimation   v	I. Drive Danger	II. Kind of Defense	III. The Kind of Defense of Corresponding Neuroses and Psychoses	IV. Sublimation Object	V. Sublimation Goal	VI. Sublimation Form	VII. Paradigm
I. Sublimation through "spiritual" participation and/or projection. "Childlike" humanist.	The crisis in that the childlike dual union brings with it the danger of <i>being alone</i> . <i>p - tendency</i>	<i>Total, secondary projection (Sch = 0 -!)</i> The demand, himself or herself to be the child, is transferred onto the "child" as a spiritual object.	1. <i>The projective paranoid</i> . 2. inferiority neurosis. 3. participation neurosis. 4. acceptance neurosis.	The "god-like" child becomes a spiritual object in place of the mother chosen as the participation object.	Prevention of the being alone and the separation from the "Mother" through participation with the child. The spiritual dual union with the child will replace the participation with the mother.	Research in the areas of 1. child psychology, 2. child psychiatry, 3. child music, 4. child drawings and so on.	<i>Fröbel</i> <sup>^</sup> , <i>Pestalozzi</i> <sup>^</sup> , <i>Béla Bartók</i> ( <i>Mikrokosmos</i> <sup>~</sup> ). [ <i>Mikrokosmos</i> = a cycle of piano pieces written 1926-1939 by the Hungarian composer Béla Bartók] [ <sup>^</sup> signs: See the end of the chapter.]
II. Sublimation through <i>Inflation</i> . " <i>Head-in-the- clouds</i> " humanist. The obsessed. The "Laputan." <sup>*</sup> (J. Swift.) [*signs: See the end of the chapter.]	The desire: being everything. doubling, ambitendency, inflation. <i>p + tendency</i>	<i>Total inflation (Sch = 0 +!)</i> .	1. <i>The inflative paranoid</i> . 2. greatness delusion. 3. erotomania. 4. bisexuality. 5. affect murder.	One's own ego doubles itself.	Prevention of being alone and the restriction of the omnipotence by doubling and by <i>being everything</i> .	<i>Religion psychologies, anthroposophist</i> <sup>**</sup> , <i>theosophist</i> <sup>***</sup> , sectarian, astrologist, mythologist, etc.	<i>Rudolf Steiner</i> <sup>***</sup> .
III. a) Sublimation by Total <i>Introjection</i> : "Socialists."	<i>The desire: to have everything. Acceptance demand.</i> Clinging need. <i>m, k tendencies</i>	<i>Total introjection. incorporation (Sch = +! 0).</i> psychic cannibalism.	1. <i>Narcissistic psychoses and neuroses.</i> melancholia. 2. masochism. 3. epileptic form of paranoia. 4. compulsion.	The not " <i>accepted</i> " <i>social classes.</i> class conflict.	Prevention of <i>social injustice</i> by the " <i>having all</i> " of a class, race, etc.	a) Party men, socialist etc. b) Aesthete, logician, mathematician.	K. Marx.
b) Sublimation through <i>Introjection</i> : "Autistic" Thinker.	<i>The projective "omnipotence need."</i> The "ego omnipotence and <i>ubique praesens</i> " ["ubiquitous presence"]. <i>k + }</i> <i>p - }</i> needs	<i>Introjection.</i> The omnipotence is projected out of the unconscious into one's own ego. <i>(Sch = + -)</i>	1. <i>Autistic schizophrenia.</i> 2. melancholia. (narcissistic affections according to Freud.) ["ubiquitous presence"].	Not the person is omnipotent (as with schizophrenia), but the " <i>thinking and transcending ego.</i> " omnipotence of thinking.	Prevention that outside of the thinking ego there be any higher court over the omnipotent ego.	1. <i>Metaphysician.</i> 2. <i>Existential philosopher.</i>	For 1. <i>H. Driesch</i> <sup>#</sup> . For 2. <i>J. P. Sartre</i> <sup>#</sup> , <i>M. Heidegger</i> <sup>###</sup> . [# signs and definition of names at the end of the chapter.]

Table 15. Sublimation as Defense Activity of the Ego (continuation)

Defensive Activity --> Kind of Sublimation   v	I. Drive Danger	II. Kind of Defense	III. The Kind of Defense of Corresponding Neuroses and Psychoses	IV. Sublimation Object	V. Sublimation Goal	VI. Sublimation Form	VII. Paradigm
<p>IV. Sublimation through <i>Integration: Militant Humanist.</i> Variation 1: do-gooder [starry-eyed idealist].</p> <p>Variation 2: "Biting" humanist.</p> <p>Variation 3: Education- psychology humanist.</p>	<p><i>The double Oedipus complex, bisexuality, hermaphroditism</i></p> <p><i>the "h" need.</i></p>	<p><i>Integration of the opposites (Sch = ± ±) (Sch = ± +).</i></p> <p><i>Partial Integration (Sch = + +).</i></p>	<p>1. <i>Phobia</i> (anxiety neurosis). 2. <i>hypochondria.</i></p> <p>Paranoid, mania, epilepsy, stealing.</p>	<p><i>The whole of humanity, men and women, all classes, all races.</i></p> <p>Displacement of the hermaphroditism into the ego (Sch = ± ±).</p> <p>Children, juveniles, defectives, mentally weak, <i>criminality.</i></p>	<p><i>Prevention of the loss of the world and humankind.</i></p> <p><i>Prevention of one's own ego danger and the ego defects.</i></p>	<p>1. <i>Do-gooder [Starry-eyed idealist].</i> 2. Science revisionist. 3. <i>Polyhistor</i><sup>&amp;</sup>. [<sup>&amp;</sup>signs, See end of chapter.]</p> <p>1. <i>Satire poet.</i> 2. <i>caricaturist.</i> 3. "biting" philosopher.</p> <p>Welfare teacher, juvenile protector.</p>	<p><i>Romain Rolland</i><sup>&amp;&amp;</sup>.</p> <p><i>Voltaire</i><sup>&amp;&amp;&amp;</sup>, <i>J. Swift</i><sup>&amp;&amp;&amp;&amp;</sup>, <i>H. Daumier</i><sup>&amp;&amp;&amp;&amp;&amp;</sup>, <i>B. Shaw.</i></p> <p><i>J. J. Rousseau</i><sup>§</sup>.</p>
<p>V. <i>Sublimation through "Disintegration."</i> Variation 1: "Love-of-the- state humanists," the bringers of the law, moralists, purists.</p> <p>Variation 2: "Church- loving humanist."</p>	<p><i>Cain: rage, hate, anger, revenge, envy, jealousy.</i></p> <p><i>Need for aggression s-; e + tendencies.</i></p>	<p><i>Rigidity of the ego in the person of the office.</i> <i>Disintegration (Sch = 0 0)</i> or also</p> <p><i>Introjection (Sch = + 0).</i></p>	<p>1. <i>Epileptic form of paranoia, 2. poriomania,</i> 3. <i>schizophrenia,</i> 4. <i>compulsion,</i> 5. <i>melancholia.</i></p> <p>5. "Cains."</p>	<p>1. <i>Corpses of the murdered and suicides.</i> 2. <i>Criminal.</i></p> <p><i>Enforcement of the laws of God.</i></p>	<p><i>Prevention of aggression by law enforcement.</i></p> <p><i>Prevention of the violation of the commandments of God.</i></p>	<p>Judge, state lawyers, judicial medical profession.</p> <p>Strict ministers, monks, nuns.</p>	<p><i>Caesar, Napoleon, Alexander the Great.</i></p> <p><i>Savonarola</i><sup>§§</sup>.</p>

In table 15 we try to represent depth-psychologically and ontogenetically particular kinds of sublimation. The detection and interpretation of further kinds of sublimation are tasks of the future.

It is perhaps the simplest manner of division and interpretation of the different kinds of sublimation if we use as “*differentia specifica*”\* the *kind of ego defenses* against the drive danger as the guiding principle. [\**differentia specifica* = The differentiae of a species are those properties which *other* species of the same genus do not have.]

Under this aspect of the kind of ego defense we can at present distinguish *five* kinds of sublimation and five kinds of humanization.

We want to discuss more closely these five kinds of sublimation in the table.

Table 15 gives only an incomplete overview of the relations between the kind of sublimation and the kind of defense. The table treats in particular the connections between *total* projections, inflations, introjections, integrations and disintegrations and the defensive activity of the ego.

Of the complex ego activities only introjection is stated as an example. The addition of these connections will represent an important work of the future. The question whether sublimation with negation is in general possible is denied by us. The previous investigations legitimately despite their inadequacy encourage us to understand sublimation as a defense mechanism.

The next section has the task to analyze the particular ego functions with character formation.



Brief Definitions of Terms and Names  
Cited in Charts on “The Ego and Sublimation”  
Given by the Translator  
[Main Source: Wikipedia]

[\**Laputan* = an inhabitant of a flying island in Swift’s *Gulliver’s Travels* characterized by a neglect of useful occupations and a devotion to visionary projects.]

[\*\**Anthroposophy* (from anthropos 'man' and sophía 'wisdom') is from Rudolf Steiner (1861-1925), who founded the world represented spiritual belief. The goal is to look at the person in his relationship to the supernatural. Anthroposophy combines elements of German idealism, the beliefs of Goethe, and the Gnosis.]

[\*\*\**Theosophy* = religious philosophy or speculation about the nature of the soul based on mystical insight into the nature of God.]

[^*Fröbe*, Friedrich Wilhelm August = (April 21, 1782 – June 21, 1852) was a German pedagogue, a student of Pestalozzi who laid the foundation for modern education based on the recognition that children have unique needs and capabilities. He developed the concept of the “kindergarten,” and also coined the word now used in German and English.]

[^*Pestalozzi*, Johann Heinrich = (12 January 1746 – 17 February 1827) was a Swiss pedagogue and educational reformer who exemplified Romanticism in his approach.]

[#*H. Driesch*: He was a German biologist, evolutionist, and philosopher, founder of modern vitalism. H. Driesch deduced that every cell in the embryo is pre-programmed to its goal -- an adult organism -- just as anticipated by Aristotle’s entelechy. Driesch scientific and philosophical vitalism provoked considerable criticism from the perspective of positivism.]

[##*J. P. Sartre*: He was one of the key figures in literary and philosophical existentialism.]

[###*M. Heidegger*: He was an influential German philosopher known for his existential and phenomenological explorations of the "question of Being." His central belief was that philosophy, and society as a whole, was preoccupied with what it is that exists.]

[&*polyhistor* = persons with broad knowledge.]

[<sup>&&</sup>*Romain Rolland* = (29 January 1866 – 30 December 1944) was a French dramatist, novelist, essayist, art historian and mystic who was awarded the Nobel Prize for Literature in 1915.]

[<sup>&&&</sup>*Voltaire* (François-Marie Arouet) = (21 November 1694 – 30 May 1778) was a French Enlightenment writer, historian and philosopher famous for his wit. Voltaire was a prolific writer, producing works in almost every literary form including plays, poetry, novels, essays, and historical and scientific works. He wrote more than 20,000 letters and more than 2,000 books and pamphlets.]

[<sup>&&&&</sup>*Jonathan Swift* = (30 November 1667 – 19 October 1745) was an anglo-Irish satirist, essayist, political pamphleteer (first for the Whigs, then for the Tories), poet and cleric who became Dean of St. Patrick's Cathedral, Dublin.]

[<sup>&&&&&</sup>*H. Daumier* = (February 26, 1808 – February 10, 1879) was a French printmaker, caricaturist, painter, and sculptor, whose many works offer commentary on social and political life in France in the 19th century. He was perhaps best known for his caricatures of political figures and satires on the behavior of his countrymen.]

[<sup>§</sup>*J. J. Rousseau* = (28 June 1712 – 2 July 1778) was a major Genevan philosopher, writer, and composer of 18th-century Romanticism. His political philosophy heavily influenced the French Revolution, as well as the overall development of modern political, sociological and educational thought. His novel *Émile*, or *On Education*, is a seminal treatise on the education of the whole person for citizenship.]

[<sup>§§</sup>*Savonarola* = Girolamo Savonarola (21 September 1452 – 23 May 1498, Florence) was an Italian Dominican friar, Scholastic, and an influential contributor to the politics of Florence from 1494 until his execution in 1498. He was known for his book burnings, destruction of what he considered immoral art, and his perception of what he thought the Renaissance -- which began in his Florence -- ought to become. He vehemently preached against the moral corruption of much of the clergy at the time.]

## End Notes

<sup>1</sup> FREUD, ANNA: Das Ich und die Abwehrmechanismen [*The Ego and the Defense Mechanisms*]. Imago Publ., London. p. 52.

<sup>2</sup> Triebpathologie [*Drive Pathology*], Bd. I, p. 492 f.

<sup>3</sup> Schicksalsanalyse [*Fate Analysis*]. B. Schwabe, Basel, 2. Aufl. [2<sup>nd</sup> edition] 1948. pp. 290-300.

<sup>4</sup> VON VERSCHUER, O.: Erbpathologie [*Hereditary Pathology*]. Steinkopff, Dresden und Leipzig 1934. p. 15.

<sup>5</sup> Thus: for the eye color with the *Drosophila*, for the hair color of the rabbit (Nachtsheim), for the heredity of the hair color with humans (Fischer), for the heredity of the groups of bloods with humans (Amber), for migraine, epilepsy and stuttering (Szondi), etc.