



Our unconscious desires _____ are served by our defenses. Defenses are the processes by which the contents of our unconscious are kept in the unconscious. In other words, they are the processes by which we keep the repressed repressed in order to avoid knowing what we feel we can't handle knowing. Many psychological experiences can function as defenses, even when not formally defined as such. For example, fear of intimacy – fear of emotional involvement with another human being – is often an effective defense against learning about our own psychological wounds because it keeps us at an emotional distance in relationships most likely to bring those wounds to the surface: relationships with lovers, spouses, offspring, and best friends. By not permitting ourselves to get too close to significant others, we “protect” ourselves from the painful past experiences that intimate relationships inevitably dredge up. Having more than one romantic partner at a time, breaking off romances when they start to evolve past the infatuation stage, and keeping oneself too busy to spend much time with family and friends are just a few of the many ways we can maintain an emotional distance from loved ones without admitting to ourselves what we are doing.

*dredge up (과거 일을) 들춰내다/ infatuation 심취

- ① to be protected from an unknown danger in the future
- ② to overcome the past wounds in the unconscious and get stronger
- ③ to conceal the repressed hostility toward those around us
- ④ not to be harmed by potential possibility of falling in a deep relationship
- ⑤ not to recognize or change our self-destructive contents