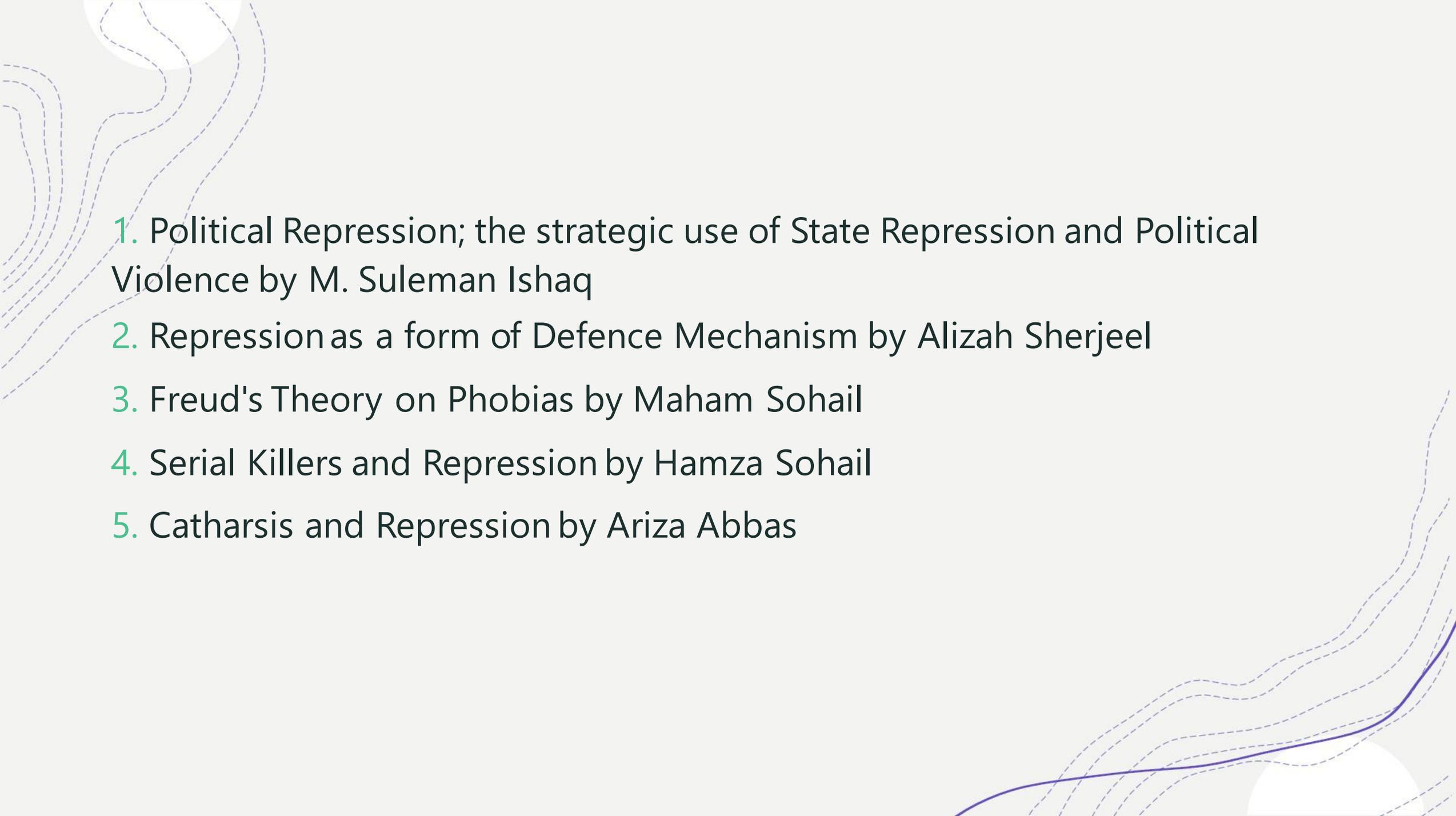
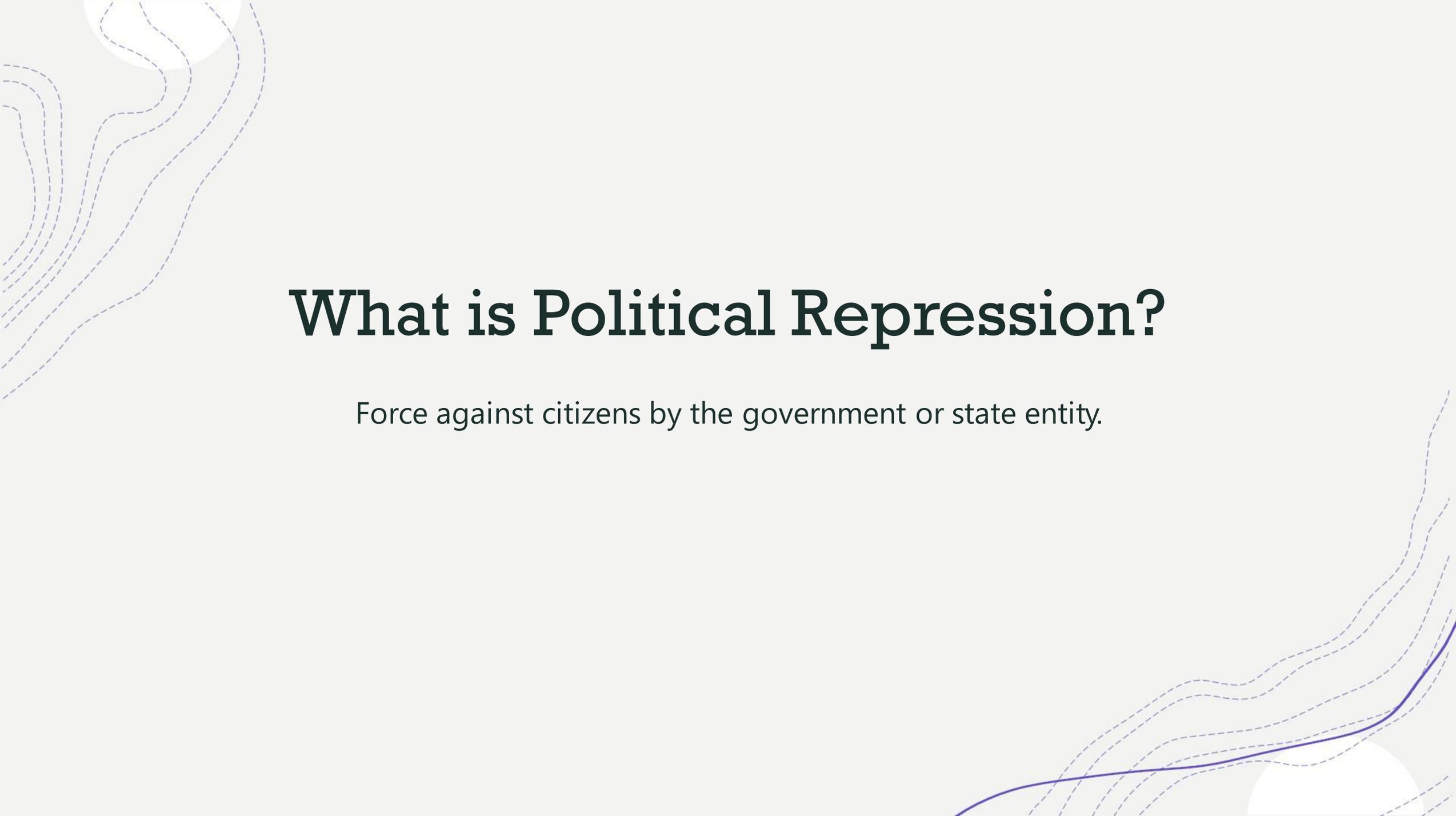
The background is a dense, colorful pattern of tropical leaves in various shades of blue, teal, and dark green. The leaves have different shapes and patterns, including solid colors, white polka dots, and white outlines. Some leaves are layered over others, creating a sense of depth. The overall style is modern and graphic.

# Repression

+  
By Group-C

- 
1. Political Repression; the strategic use of State Repression and Political Violence by M. Suleman Ishaq
  2. Repression as a form of Defence Mechanism by Alizah Sherjeel
  3. Freud's Theory on Phobias by Maham Sohail
  4. Serial Killers and Repression by Hamza Sohail
  5. Catharsis and Repression by Ariza Abbas

The background features decorative wavy lines in the top-left and bottom-right corners. The top-left corner has several dashed lines in shades of blue and grey, with a white semi-circle partially visible. The bottom-right corner has a solid blue line and several dashed lines in shades of blue and grey, with a white semi-circle partially visible.

# What is Political Repression?

Force against citizens by the government or state entity.

Asia Bibi, a  
Pakistani  
Christian woman  
who spent years  
on death row  
after being  
convicted of  
blasphemy

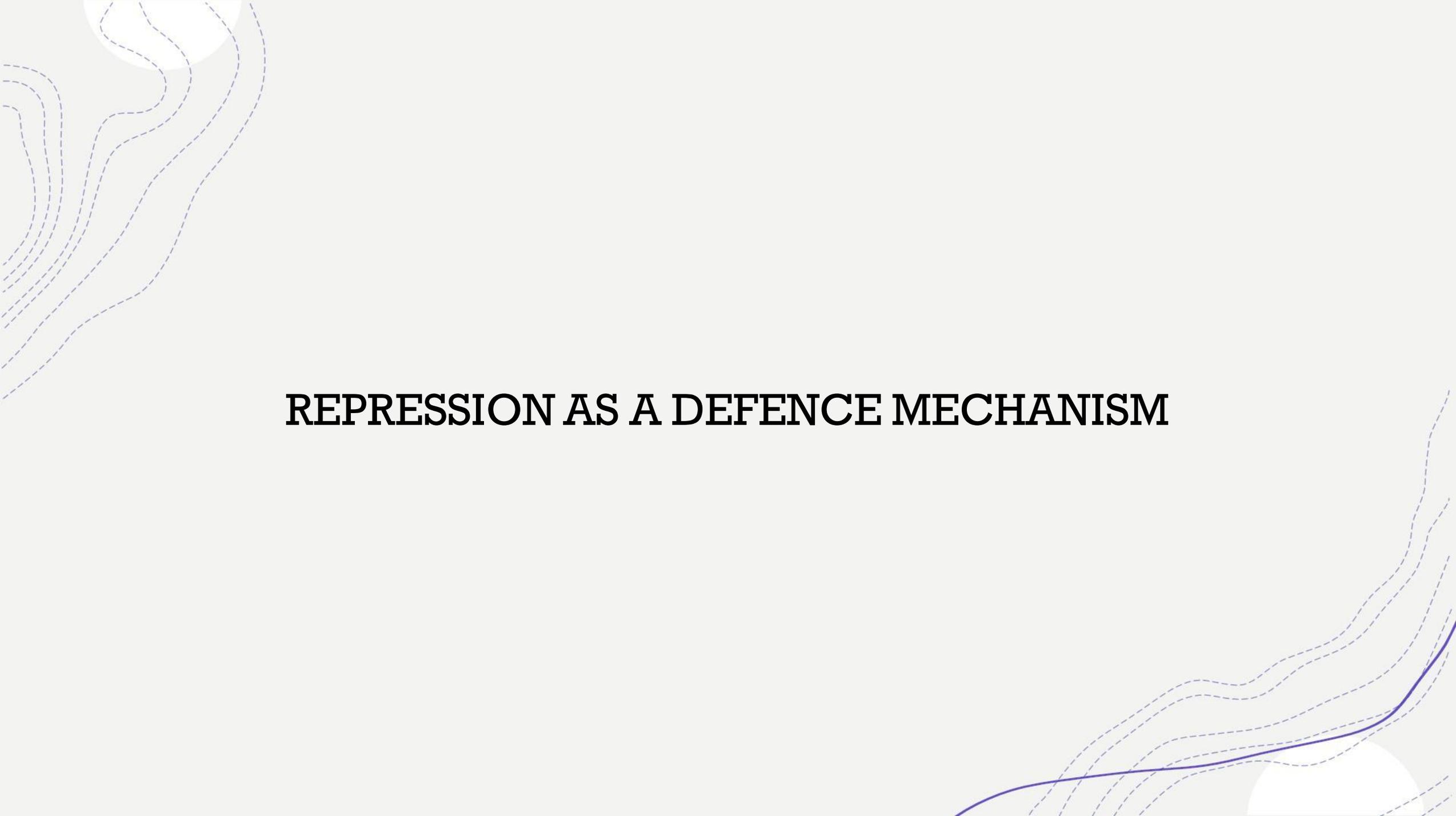




The Police killing of George Floyd, a  
46-year-old black man in  
Minneapolis



Tens of thousands of Muslims protest against France's 'Islamophobia'

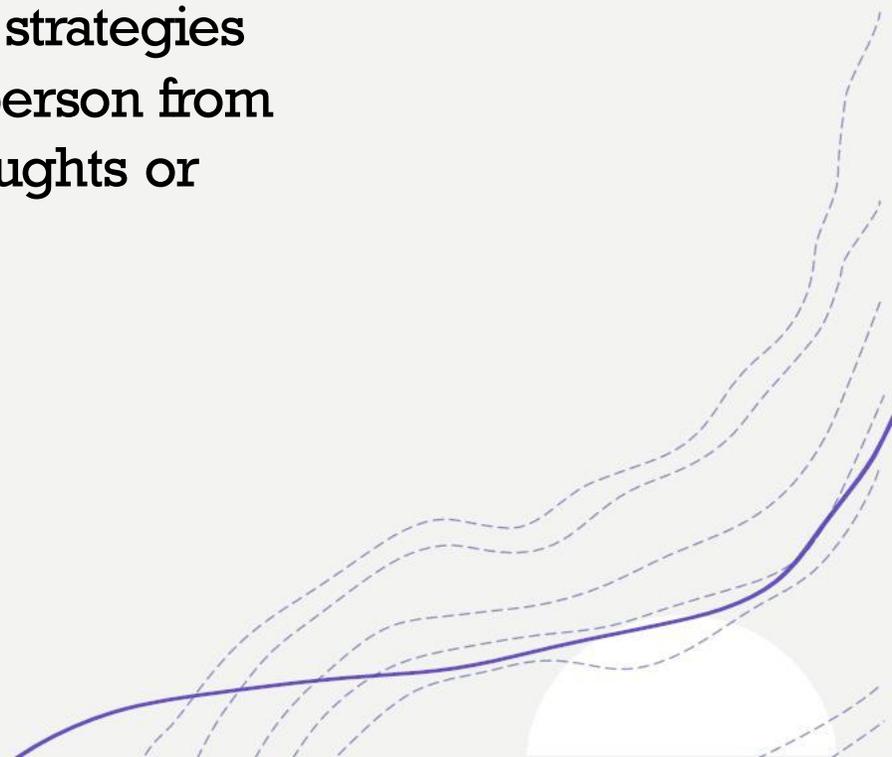
The image features a light gray background with decorative wavy lines in the corners. In the top-left corner, there are several dashed blue lines forming a wavy pattern. In the bottom-right corner, there are solid blue lines forming a wavy pattern, with a white semi-circle partially visible at the bottom edge.

# **REPRESSION AS A DEFENCE MECHANISM**



# WHAT IS DEFENSE MECHANISM?

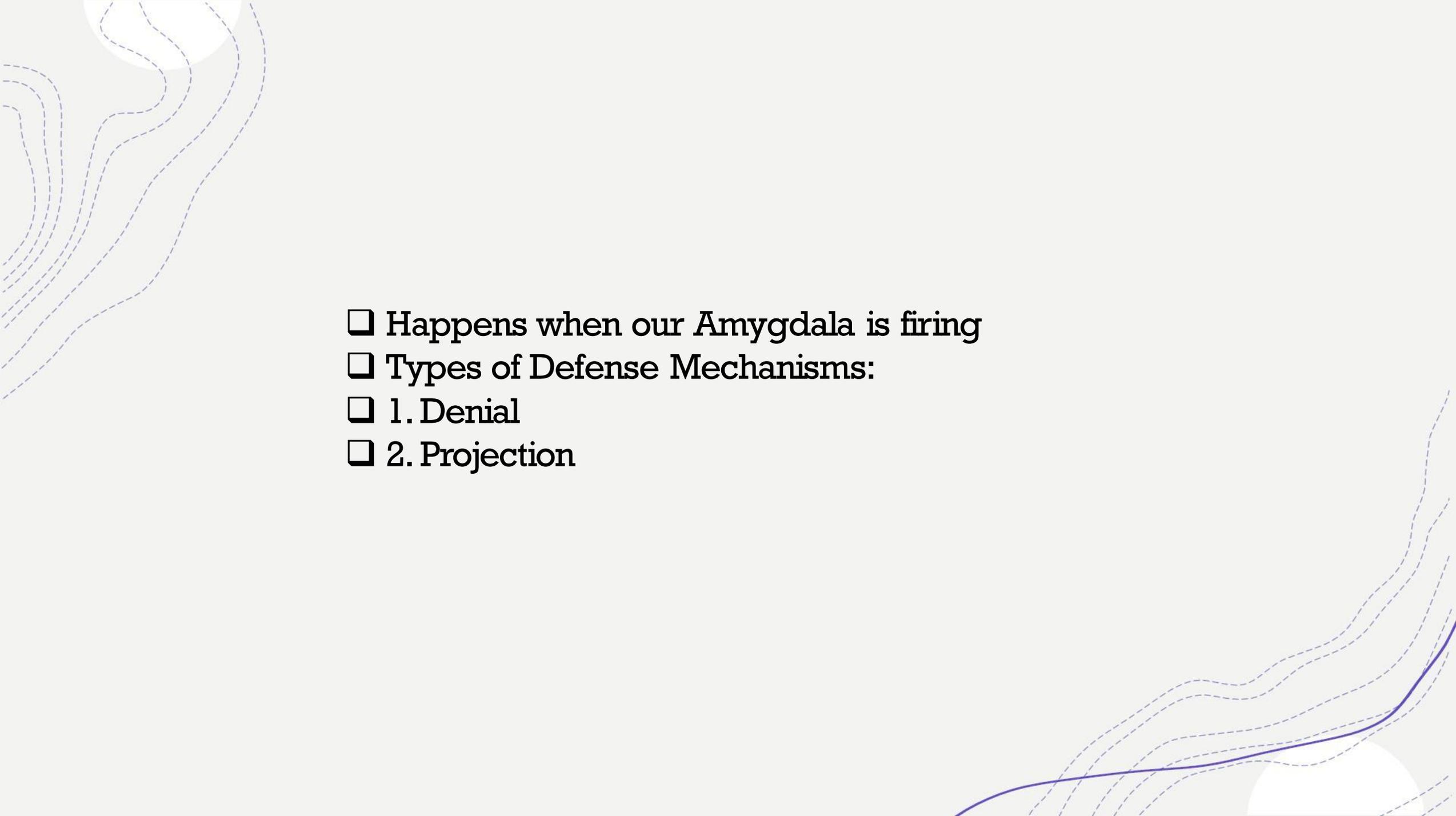
Defense mechanisms are psychological strategies that are unconsciously used to protect a person from anxiety arising from unacceptable thoughts or feelings.





# REPRESSION AS A DEFENSE MECHANISM

- ❑ Repression is a type of psychological defense mechanism that involves keeping certain thoughts, feelings, or urges out of conscious awareness.
  - ❑ The goal of this form of defense is to keep unacceptable desires or thoughts out of the conscious mind in order to prevent or minimize feelings of anxiety.
  - ❑ If you don't like it, you lie about it especially to yourself.
- 

- 
- ❑ Happens when our Amygdala is firing
  - ❑ Types of Defense Mechanisms:
    - ❑ 1. Denial
    - ❑ 2. Projection

# EXAMPLES

1. Not remembering a traumatic incident in which you witnessed a crime.
2. When your boss puts you in a state of doubt and you try not to think about it.
3. Being unaware of feeling of jealousy.

# What is a “**Phobia**”?

A **Phobia** refers to a situation, object or individual that cause extreme levels of anxiety and irrational fear while holding little to no threat

## What are “**Unconscious Desires**”?

**Unconscious Desires** refer to desires unknown to ones mind. Ones that said individual was shamed for or was taught to hide from society as they were not considered part of the norm, thus leading to the repression of these desires

UNCONSCIOUS DESIRES → REPRESSION → PHOBIAS

Phobia of Horses



Fear was linked to repressed thoughts



Reprimanded by mother for being curious about human and animal genitals



Horses with blinkers resembling his father



Fear of parents



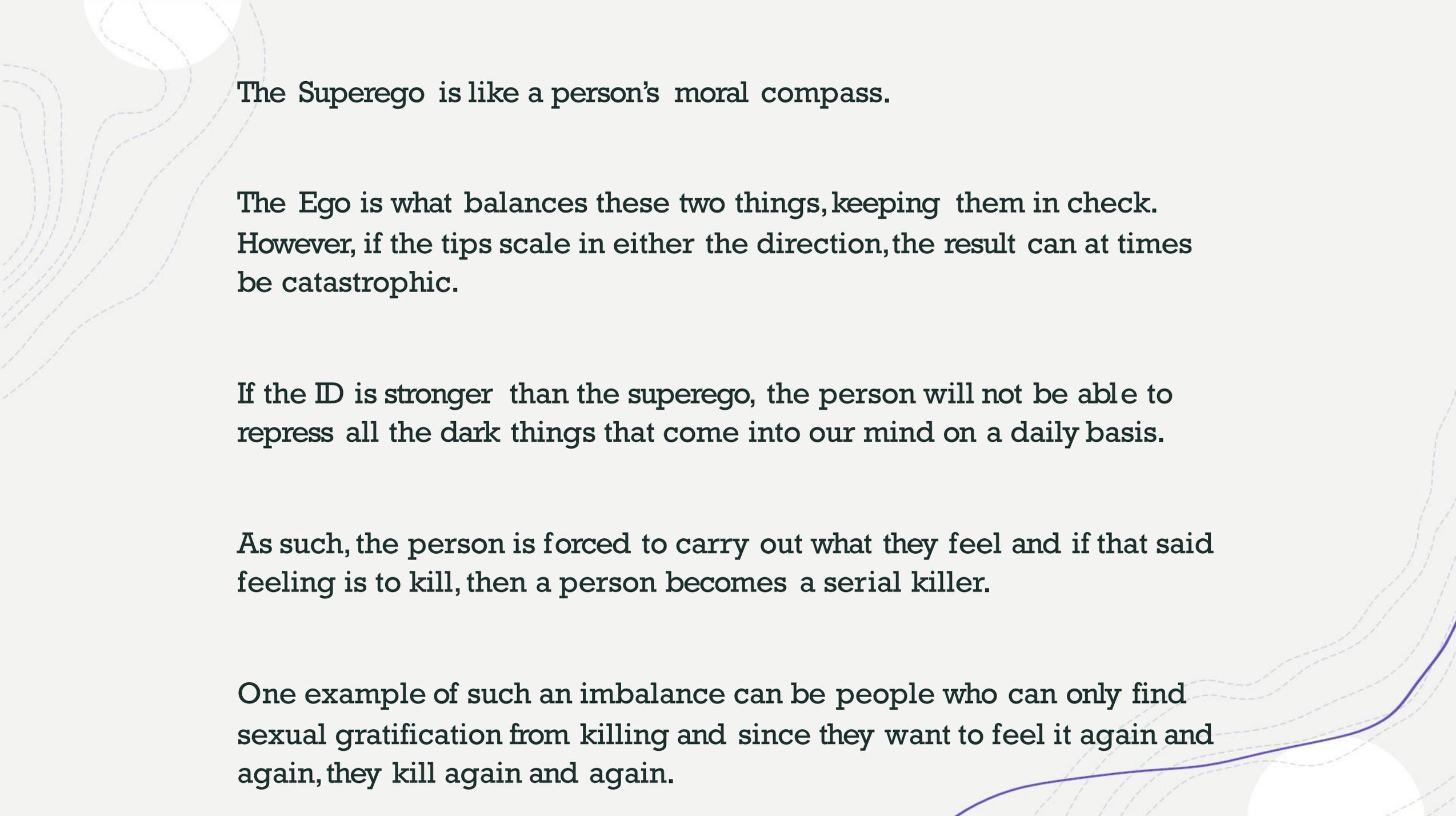
Fear of castration

# Serial Killers and Repression

+

# Serial Killers

1. A Serial Killer is a person who has killed 3 or more people with the murders taking a significant period of time between them.
2. The reason is that this significant period of time proves the person kills not out of situation or heat of the moment but due to a base need to kill which comes from serving abnormal psychological
3. gratification.
4. Some of the reasons known for serial killers killing are unresolved trauma, OCD, paranoia and possibly PTSD.
5. To understand this, we need to look at some psychological terms that explain the fundamentals of such behavior.
6. The “ID” is a term that is used to explain the instinctive desire of a person to do something.



The Superego is like a person's moral compass.

The Ego is what balances these two things, keeping them in check. However, if the tips scale in either the direction, the result can at times be catastrophic.

If the ID is stronger than the superego, the person will not be able to repress all the dark things that come into our mind on a daily basis.

As such, the person is forced to carry out what they feel and if that said feeling is to kill, then a person becomes a serial killer.

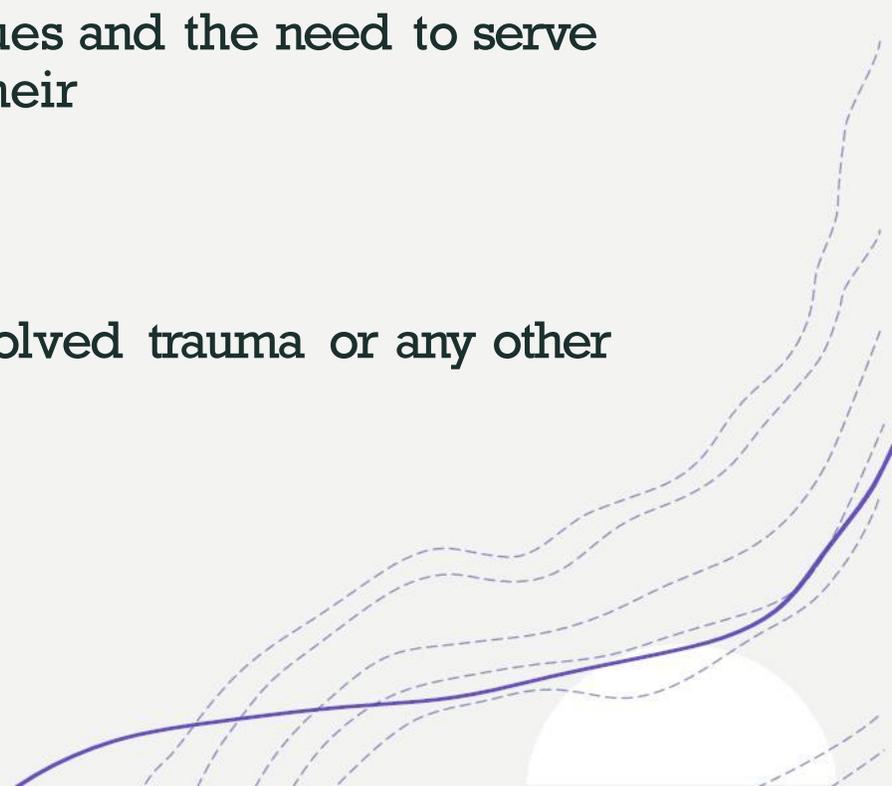
One example of such an imbalance can be people who can only find sexual gratification from killing and since they want to feel it again and again, they kill again and again.



This is an example of when ID overpowers the superego and the person is unable to repress such strong desires. Jeff Dahmer – a well-known cannibal – is another example as he is a person who could not repress his instinct to eat.

With this we see how people, due to some psychological issues and the need to serve some abnormal psychological gratification, cannot repress their desire to kill and end up becoming serial killers.

Whether the reason is due to OCD, sexual gratification, unresolved trauma or any other psychological issue, it happens when the ego does not properly balance the ID and superego of a person.



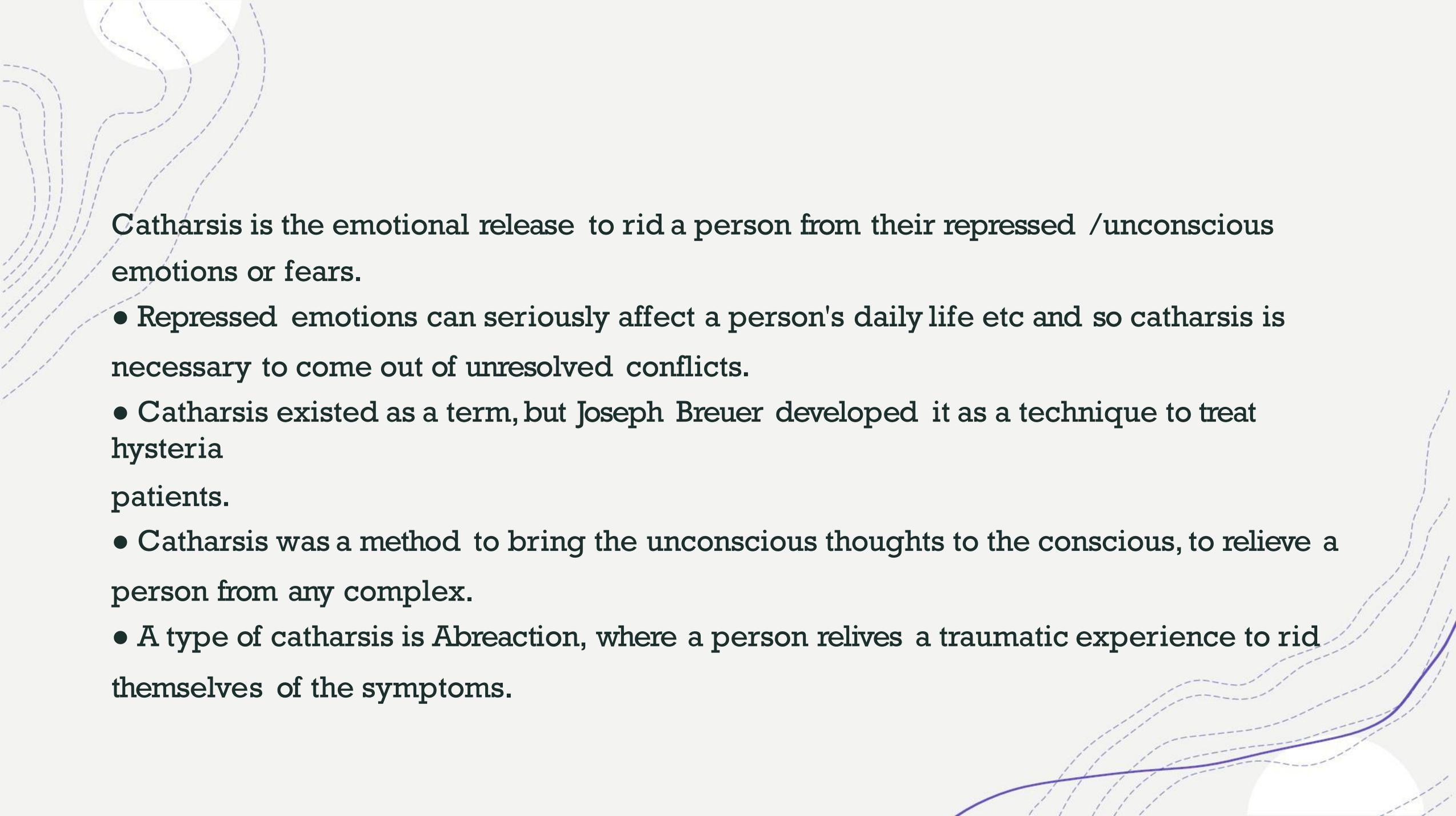
If the scales tip in favor of superego, people might feel like they are superior to others and could possibly feel the need to exterminate the “vermin” of this world.

An example of such people is Ted Bundy, one of the most known serial killers and rapists, who had a tough childhood. Bundy, in later years, found out that the woman he thought was his sister was his birth mother and the people who were his parents were actually his grandparents.

Due to this he held resentment against his mother and in university, his girlfriend broke up with him and this is recorded as a pivotal point in his development. In his university time, somewhere along the line he spiraled and started killing women as he found sexual gratification from it and wanted to overpower his victims.

# Catharsis and Repression

+



Catharsis is the emotional release to rid a person from their repressed /unconscious emotions or fears.

- Repressed emotions can seriously affect a person's daily life etc and so catharsis is necessary to come out of unresolved conflicts.
- Catharsis existed as a term, but Joseph Breuer developed it as a technique to treat hysteria patients.
- Catharsis was a method to bring the unconscious thoughts to the conscious, to relieve a person from any complex.
- A type of catharsis is Abreaction, where a person relives a traumatic experience to rid themselves of the symptoms.

# Sources

<https://science.jrank.org/pages/cma5hemwd2/Phobias-What-Causes-Phobia-Expressing-Unconscious-Desires.html>

<https://www.verywellmind.com/psychoanalytic-theory-of-phobias-2671510>

<https://www.verywellmind.com/theories-on-the-development-of-phobias-2671514>

<https://www.headspace.com/blog/2017/10/01/where-do-phobias-come-from/>

<http://ilanarosenberg.com/2013/11/06/phobias-and-fear/>

# References

(Keppel, 2010)

(Michaud, 1999)

(O'Shaughnessy, 1999)

(Hartmann, 1962)