

Suppression Psychology

Suppression Psychology - Suppression. A conscious decision to delay the consideration of unpleasant memories or circumstances (unlike repression, which is an unconscious process). Example: As her college career draws to a close, a woman deliberately pushes away her worries about losing touch with her school friends after graduation. Grinnell, R. (2016). Psych Central .SUPPRESSION. person's effective try to stop thinking about negative things, or better said to try to gain control over undesirable thoughts, ideas, desires. One can distinguish it from the unaware mechanisms of control. SUPPRESSION: "Example: Suppression is asked from the drug abusers who are on rehabilitation ." .Repression Vs. Suppression in Psychology: Differences You Didn't Know WHAT ARE DEFENSE MECHANISMS. To better understand these concepts and highlight these differences,... REPRESSION VS. SUPPRESSION. What is Suppression. Suppression refers to the act of consciously suppressing one's feelings,... ...Suppression. In repression the person "unconsciously" pushes painful or difficult memories, actions, etc. out of consciousness. However, suppression is a "conscious" exclusion (or "pushing" down) of these painful memories, thoughts, etc. In this way, we control impulses consciously as opposed to unconsciously.