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Projection

Perception is projection

Projection is a psychological defense mechanism whereby we *unconsciously* deny our own undesirable thoughts, motivations, desires, and feelings and then "project" them onto someone else. It's like putting a mask on another person's face and then reacting to the mask. That person may either fascinate or repel us. When we "project" we give away an energy or power that rightfully belongs to our psyche and in doing so we are diminished. The more we project, the less energy we have.

For example a man may give his "feeling side" or relationship mode to his partner. She then deals with all the feeling problems. Or a woman may project her "tyrant" or "negative patriarch" onto her partner. He then becomes authoritative and rigid while she remains submissive and compliant.

Every part of our personality that we do not accept will become hostile to us. Using the Jekyll and Hyde analogy, if we refuse to look at certain aspects of ourselves, they eventually creep up and take over.

The goal of all personal development is to become whole not perfect.

Therefore we need to consciously and safely reclaim our projections.

- **Deny** – What I do not admit in myself, I attribute to others.
- **Devalue** – What I devalue in myself, I criticise and underestimate in others.
- **Fear** – What I fear in myself, I flee from or fight in others.
- **Dependency** – What I do not find in myself, I depend on others for.

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He who cannot forgive another,
breaks the bridge over which
he himself must pass.

George Herbert