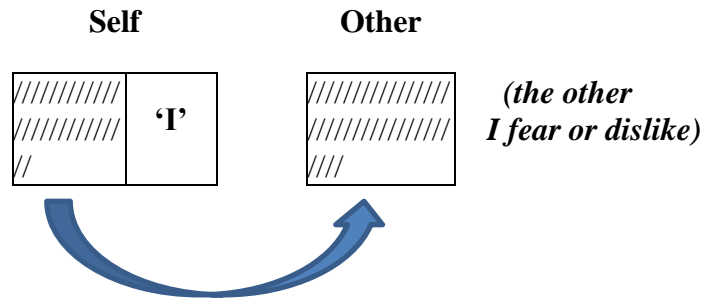


Projection – some examples

This schematic representation shows how my unknown (shadow) aspects are seen only when I look at the other person: I do not realize they also belong to me. The conscious ‘I’ is protected from the unconscious shadow, and the shadow is only seen in the other person.

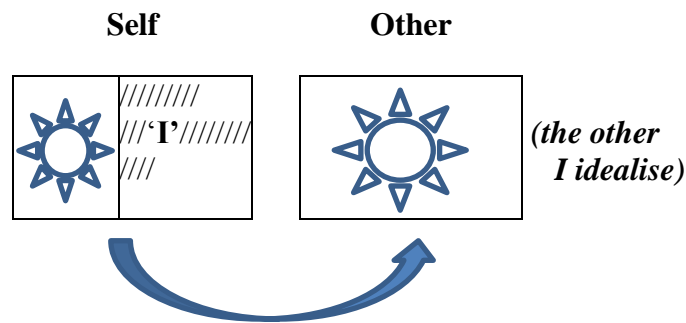
Paranoia



Projecting my own dark side onto the other enables the ‘I’ to remain confident of my own rightness, while experiencing the other person as the source of all my problems.

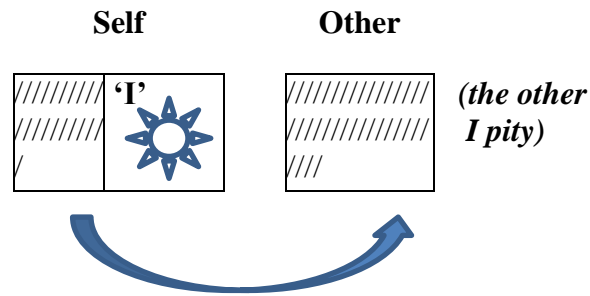
It is perhaps easy to see how this mechanism operates not only between individuals but also between communities (that family, school or hospital department up the road where they do everything wrong) and nations.

Depression



The ‘I’ idealizes the other, and I may experience depression, lack of self-worth and envy because my own positive qualities are inaccessible.

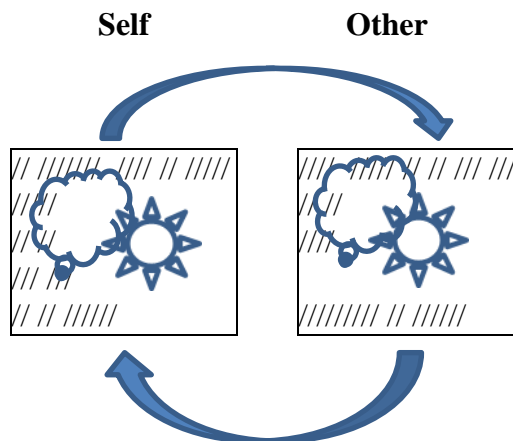
Disempowerment



The 'I' experiences cheerfulness, being in control, and the other as despairing and sad.

Withdrawing projections

When what I have only seen out there is identified as belonging to me too, and withdrawn from the other, we can both move closer to reality: neither is all good or all bad, but both are able to progress to a more genuine and mutual reality:



Adapted from Rose, Jessica (2013), *Psychology for Pastoral Contexts*, SCM Press, p 30-32.