

Projection

Projection is when we put our own thoughts, feelings, or insecurities onto someone else, instead of recognizing them in ourselves.

Example:

- If I feel angry but don't want to admit it, I might say:
"You're mad at me!" (when really, I'm the one feeling upset).

Projection can be a way our mind protects us from feelings that are hard to face. But it can also cause misunderstandings in relationships.

Examples of Projection

- I feel nervous about failing → "They probably think I'm not good enough."
- I'm upset with a friend → "Why are they so angry at me?"
- I feel guilty → "You're the one making me feel bad."

Practice: Spotting Projection

1. Think of a time you blamed or assumed something about another person.
 - What did you say or think?
2. Look closer: Could this thought or feeling actually be about you?
3. How might the situation look if you owned the feeling instead of projecting it?

Reframing Projection

- **Projected thought:** "She must think I'm useless."
- **Balanced reframe:** "I'm worried about being seen as useless. Maybe that's my own insecurity."

Reflection

- What feelings are hardest for me to admit to myself?
- How can I practice noticing my own emotions instead of projecting them?