

APPENDIX

A. What are anxieties experienced by Kamila Sidiqi?

No.	Quote from the Text	Pg.	Type of Analysis	Type of Data	Reference	Comment
1.	<p>“I hear they are coming today,” the first woman said to her friend.</p> <p>“My cousin told me they are just outside Kabul,” the other answered in a whisper.</p> <p>Kamila immediately knew who “they” were: the Taliban, whose arrival now felt utterly inevitable ... Rumors of the arriving regime were rampant, and the word was out that women were in the crosshairs...</p>	15 - 16	Dialogue + narration	Neurotic anxiety	<p>Neurotic anxiety is fear caused by unknown dangers. This feeling stems from the id impulse but operates at the ego level (Feist 2008). Neurotic anxiety is also defined as an unconscious fear of being punished for displaying too much behavior dominated by the id impulse. However, this fear is not instinct but a possible outcome of instinct gratification (Schultz 2005).</p>	<p>The arrival of the Taliban is hot news that is discussed every day in Kabul. Some happily welcome the news and hope the Taliban will bring security to them, but some are worried about the arrival of the Taliban. Kamila is one of those people who are worried about the arrival of the Taliban. Still overshadowed by the atmosphere of the previous war, Kamila</p>

	<p>Kamila stood quietly in the hallway of the school she had fought so hard to attend, despite all the dangers, and listened to her classmates with a feeling of growing unease...</p> <p>“You know they shut the schools for girls in Herat,” the sharp-nosed brunette said. Her voice was heavy with worry. The Taliban had captured the western city a year earlier. “My sister heard that women can’t even leave the house once they take over. And here we thought we had lived through the worst.</p>				<p>Freud called this anxiety clear and simple. In Latin, the word Neurotic means nervous. So basically, neurotic anxiety is a feeling of anxiety that is dominated by nervous feelings. When a person has ever felt like he is going to “lose” whether it is losing control, anger, rationality, or even his mind, then he has felt neurotic anxiety (Boeree 2006).</p>	<p>immediately thought of the possibilities she would face when she heard the news of the arrival of the Taliban. Kamila became even more agitated after hearing her friends' conversations about the Taliban targeting women by enforcing strict rules on them. The feeling arises and continues to develop into concern even though the news is not necessarily true.</p>
2.	<p>Finally home, with her family close and darkness falling, Kamila settled down on</p>	18	Narration	Reality anxiety	<p>Reality anxiety is anxiety that involves fear of real dangers in the real world. This</p>	<p>Kamila finally reaches home, a place where she can gather with her family</p>

<p>a velvety pillow in her living room. She picked up one of her favorite books, a frayed collection of poems, and lit a hurricane lamp with one of the small red and white matchboxes the family kept all over the house for just such a purpose. Power was a luxury; it arrived unpredictably and for only an hour or two a day, if at all, and everyone had learned to adjust to life in the dark. A long night lay before them, and they waited anxiously to see what would happen next...</p>			<p>anxiety can subside when the threatening danger is removed. However, this reality-based anxiety can become extreme when it exceeds the limits of reasonableness. For example, someone who is unable to leave the house because of excessive fear of being hit by a car (Schultz 2005). Reality anxiety refers to facts about real dangers in the outside world that can be seen and worried about. Reality anxiety brings a person to a greater level of awareness, which makes a person aware of the many dangerous things that exist in this world and have the potential to cause anxiety. In general, most of us can manage</p>	<p>and do her favorite activities. But that does not mean that Kamila does not feel worried about the war situation that is going on out there. Each night, they waited anxiously about what would happen next. They could be the next victim. In the previous story, there was a mention of rocket attacks that took place continuously in the skies of Kabul. Even the attack could not be predicted where it would lead. That makes Kamila and her family worried because their house is located quite close to the Taliban</p>
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				<p>anxiety in real life quite well. However, anxiety is unavoidable, and the best way to deal with it is to adjust (1-4).</p>	camp.
<p>Months had passed since the Taliban's arrival, and the girls in Kamila's house no longer spoke of a swift end to their home detention. Instead they watched helplessly as the nine men of the Taliban High Court issued edicts that strengthened the rules of their banishment and regulated ever smaller details of their everyday lives. Walking in the middle of the street was now prohibited, as was wearing high-heeled shoes. Clothing must be baggy and loose-fitting "to</p>	32	<p>Narration + dialogue</p>	<p>Reality anxiety</p>	<p>Reality anxiety is anxiety that involves fear of real dangers in the real world. This anxiety can subside when the threatening danger is removed. However, this reality-based anxiety can become extreme when it exceeds the limits of reasonableness. For example, someone who is unable to leave the house because of excessive fear of being hit by a car (Schultz 2005).</p> <p>Reality anxiety refers to facts about real dangers in the outside world that can be seen and worried about. Reality anxiety</p>	<p>This section mentioned the girls in the Kamila family, including Kamila, who are feeling hopeless due to the situation that is not getting better. The Taliban succeeded in overtaking Kabul and declaring other regulations relating to daily life for women. The regulations caused Kamila and her siblings felt tremendous despair. Then they tried to think of a way out of the current situation. They choose to read books</p>

<p>prevent the seditious limbs from being noticed,” and chadri could not be made from any lightweight material through which arms or legs might be seen. Mixing with strangers and going out without a mahram, or male relative, had been outlawed.</p> <p>Kamila and her sisters banded together to seek relief from the creeping despair that threatened to suffocate them. And they began to think about possible solutions.</p> <p>“We should ask Habiba Jan to bring some of her books over,” Kamila said to Saaman one morning...</p> <p>“I’m so sick of reading the same thing</p>			<p>brings a person to a greater level of awareness, which makes a person aware of the many dangerous things that exist in this world and have the potential to cause anxiety. In general, most of us can manage anxiety in real life quite well. However, anxiety is unavoidable, and the best way to deal with it is to adjust (1-4).</p>	<p>to fill their days at home and hope it will take away their worries. But reading books only makes them more bored and depressed because they have no more activities other than reading books. The Taliban and his regulations pose a real threat to Kamila and her siblings.</p>
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<p>over and over again. Maybe we could share some books with our friends.” She was on a roll.</p>				
<p>Before he could reply she reached into her bag and neatly spread the blue dress across the glass counter. Her hands trembled, but she worked deftly. She pointed to the beading. “It is very nice for weddings or for Eid,” she said. Her heart beat in her ears, and she leaned against the counter to steady herself.</p> <p>The shopkeeper picked up the dress and began to inspect it more closely. Suddenly a large, blueclad figure Kamila saw out of the corner of her eye</p>	<p>47</p>	<p>Narration + dialogue</p>	<p>Reality anxiety</p> <p>Reality anxiety is anxiety that involves fear of real dangers in the real world. This anxiety can subside when the threatening danger is removed. However, this reality-based anxiety can become extreme when it exceeds the limits of reasonableness. For example, someone who is unable to leave the house because of excessive fear of being hit by a car (Schultz 2005).</p> <p>Reality anxiety refers to facts about real dangers in the outside world that can be seen and worried about. Reality anxiety</p>	<p>Kamila managed to make her first dress after learning to sew from her sister and then brought it to the market to sell. But it was not easy to find a trustworthy shop to sell the clothes she made. Finally, Kamila went to a shop that she used to frequent and meet the owner. The owner looks interested when Kamila takes out her homemade clothes. From the moment she entered the shop, Kamila was very anxious. Her</p>

	<p>approached the counter. The shopkeeper dropped Kamila’s blue fabric in a heap on the glass but to his—and Kamila’s—relief it turned out to be just another female shopper with her mahram. Kamila struggled to look busy while she waited. She didn’t dare to look at her brother; she was sure he was as nervous as she was...</p>				<p>brings a person to a greater level of awareness, which makes a person aware of the many dangerous things that exist in this world and have the potential to cause anxiety. In general, most of us can manage anxiety in real life quite well. However, anxiety is unavoidable, and the best way to deal with it is to adjust (1-4).</p>	<p>hands kept shaking as explained the clothes she made to the shop owner. She kept thinking that if the Taliban found out about what she was doing, then everything would be over here. Her worries culminated when someone walked into the shop. Even though in the end it was not the Taliban, but Kamila still felt anxious. Kamila realized that she was causing trouble for herself and her brother. The difficulty is about the Taliban that can catch their current actions red-handed at any time.</p>
	<p>The standoff wore on. The soldier asked</p>	<p>105</p>	<p>Narration</p>	<p>Reality</p>	<p>Reality anxiety is anxiety that involves fear</p>	<p>This tension stems from the Taliban</p>

<p>for her father's name and her family's residence. Then he asked once more about her brother. Twenty minutes passed. Kamila imagined being taken to prison, wondering what she would tell her mother and Malika if she were arrested. This is exactly what her older sister had warned her about when they finally reconciled a few months back, and why she had begged her not to accept the Habitat offer in the first place. Kamila thought of her own harsh words from several months earlier.</p> <p>"If something does happen to me, I promise I will not come to you to get me</p>		<p>+ dialogue</p>	<p>anxiety</p>	<p>of real dangers in the real world. This anxiety can subside when the threatening danger is removed. However, this reality-based anxiety can become extreme when it exceeds the limits of reasonableness. For example, someone who is unable to leave the house because of excessive fear of being hit by a car (Schultz 2005).</p> <p>Reality anxiety refers to facts about real dangers in the outside world that can be seen and worried about. Reality anxiety brings a person to a greater level of awareness, which makes a person aware of the many dangerous things that exist in this world and have the potential to cause</p>	<p>soldiers' questions about who <i>Mahram</i> was with them. Kamila could not answer as they left without a <i>Mahram</i>. But she has a bus ticket in her younger brother's name that can be given to Taliban soldiers as proof that they are not breaking the rules. But the Taliban soldiers did not want to accept the evidence and continued to corner Kamila with questions that endangered her. These are the questions that put pressure on Kamila to the point that she feels anxious about her fate. The presence of the Taliban soldiers at that time</p>
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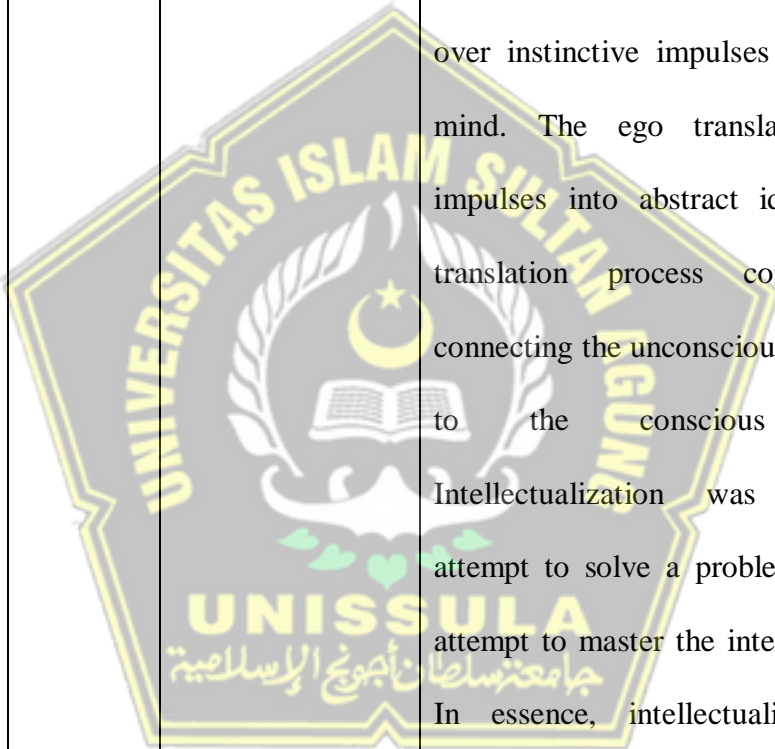
<p>out of it. It will be my responsibility.”</p> <p>Now she only hoped her sister would forgive her if she was hauled off to jail here in Jalalabad. Malika was right; it took only a moment for everything to go horribly wrong.</p>			<p>anxiety. In general, most of us can manage anxiety in real life quite well. However, anxiety is unavoidable, and the best way to deal with it is to adjust (1-4).</p>	<p>was a real threat to Kamila and her friends. They cause panic and fear for Kamila and her friends.</p>
<p>Khair Khana reeled under the relentless pounding of the American air blitz, which sometimes began long before nightfall. Sara Jan was right, Kamila thought. No one is safe here. Bombs dropped from the sky sometimes landed so close that Kamila was shocked to open her eyes and see that her house was still standing. She now felt certain that she would not</p>	<p>111</p>	<p>Narration</p>	<p>Reality anxiety</p> <p>Reality anxiety is anxiety that involves fear of real dangers in the real world. This anxiety can subside when the threatening danger is removed. However, this reality-based anxiety can become extreme when it exceeds the limits of reasonableness. For example, someone who is unable to leave the house because of excessive fear of being hit by a car (Schultz 2005).</p>	<p>The situation in Kabul became even more chaotic due to the war between the Taliban and American forces. Kamila and her family have no other choice but to stay in Kabul even though they have to live under the pressure of the war that goes on every day. They are trapped and have nowhere to go. The Taliban ordered</p>

<p>survive. American planes targeted neighborhood Taliban sites night after night, leaving behind deafening explosions and cratered streets. One afternoon a week after the aerial assault began, a bomb demolished two homes in another part of Khair Khana and killed seven people inside. The intended target appeared to be a military garrison a few miles away. Word of the deaths spread swiftly among the few families who were still living in Khair Khana, and with it came even more fear.</p>			<p>Reality anxiety refers to facts about real dangers in the outside world that can be seen and worried about. Reality anxiety brings a person to a greater level of awareness, which makes a person aware of the many dangerous things that exist in this world and have the potential to cause anxiety. In general, most of us can manage anxiety in real life quite well. However, anxiety is unavoidable, and the best way to deal with it is to adjust (1-4).</p>	<p>every survivor to stay indoors. The attacks that occurred every day made Kamila feel she could not take it anymore. The news of the deaths that kept heard made everyone who remained in their homes even more afraid and worried.</p>
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B. What are defense mechanisms used by Kamila Sidiqi to cope her anxieties?

No.	Quote from the Text	Pg.	Type of Analysis	Type of Data	Reference	Comment
1.	Kamila gazed through the window and tried to tune out the conversations around her. She knew the girl was probably right, but she couldn't bear to think about what it would mean for her and her four younger sisters still living at home. She watched as shopkeepers on the city's dusty streets engaged in the daily routine of closing their grocery stores, photo shops, and bakery stalls. Over the past four years the entrances to Kabul's shops had	16 - 17	Narration	Intellectualization	Intellectualization is known as defense mechanisms in the form of denial which analyzes problems at an abstract level by focusing on reality and logic. This method is used by individuals to distance themselves from emotions related to these problems (Gokdag 2015). Freud never used this term in his theory of defense mechanisms, but it was Anna Freud who introduced it. Furthermore, Anna defines	The narration explained that the shop doors in Kabul were used as a barometer for the environment. If the shop doors are opened wide, the situation is safe, whereas when the shop doors are closed quickly, the situation is dangerous. And that day, Kamila saw people closing their shops as usual. They also look very busy and calm. Kamila was relieved to see people still doing their activities. It made Kamila think that the current situation was not too bad. The arrival of

<p>become a barometer of the day's violence: doors that were wide open meant daily life pushed forward, even if occasionally punctured by the ring of distant rocket fire. But when they were shut in broad daylight, Kabulis knew danger waited nearby and that they, too, would be best served by remaining indoors.</p>			<p>intellectualization as a process in which the ego tries to gain control over instinctive impulses using the mind. The ego translates these impulses into abstract ideas. This translation process consists of connecting the unconscious impulses to the conscious mind. Intellectualization was not an attempt to solve a problem, but an attempt to master the internal drive. In essence, intellectualization is another way to understand thoughts in general and more rationally with the main objective of diverting</p>	<p>the new regime was not necessarily as cruel as the news was.</p>
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				attention from emotionally charged internal stimuli to more neutral internal stimuli (Arnold 2014).	
2.	<p>There were many positives: she could do the work in her living room, her sisters could help, and, most important of all, she had seen for herself at Lycée Myriam that the market for clothing remained strong. Even with the Taliban in power and the economy collapsing, women would still need simple dresses. As long as she kept quiet and didn't attract unnecessary attention, the risks should be manageable.</p>	37	Narration	<p>Sublimation is the transforming of an unacceptable impulse, whether it is sex, anger, fear, or whatever, into a socially acceptable, even productive form (Boeree 2006). Sublimation turns negative thoughts into positive ones. Its purpose is to regulate and control aggressive impulses in a person. Freud considered sublimation as a sign of maturity that allowed people to behave in a civilized and acceptable</p>	<p>After failing to distract by reading a book, Kamila continued to think about something else. While thinking about this other matter, the economic conditions in Kabul have worsened due to the ongoing civil war. Many families became poor and deprived, including the Kamila family. Finally, Kamila thought of sewing. Apart from being able to fill spare time, sewing can also generate money to survive for his family. They also do not have to think about other</p>

				<p>manner. This behavior can be in the form of energy and efforts made by individuals in a social environment that are beneficial to society such as literature, arts, and science (Gokdag 2015).</p>	<p>things because they are too busy sewing. Kamila felt this idea was the right one for them at the moment. As long as the sewing is doing carefully, Kamila was sure there would be no problems.</p>
<p>It wasn't long before the demand for work outpaced the orders Kamila was receiving from shopkeepers. She now received visits almost daily from young women who were trying to help out their families. Most of them were girls whose high school and university studies had been cut short by the Taliban's arrival, but some of them, like Sara, were a bit older. She didn't</p>	<p>65</p>	<p>Narration</p>		<p>Artwork is one of the things that can be done because artistic imagination will reveal all desires, human inner contents, and morals through the existence of the subconscious. Humans with the help of their mind's imagination can express problems, fears, worries, and desires. When all these things are expressed through</p>	<p>Kamila's sewing activities began to develop into a large business. She then asked for help from a good friend to find someone who could work with her. Initially, only one person came to her house. Then add up every day. Those who have worked with Kamila began to tell stories about Kamila's business until the story spread by word of mouth. The spread of the story made more and more</p>

<p>know how she was going to find a place for all of them, but she was determined to. With the city's economy shrinking and almost no other chances for women to earn money, how could she turn them away?</p>			<p>art, it reduces emotional pain. Doing such creative activities is also known as art therapy. Art therapy covers a wide range of therapeutic functions consisting of visual arts including painting, sculpture, collage, and all other inanimate works of art. This series is used as a means of non-verbal communication which is interpreted to help understand and solve problems (Ghazvini et al 2010).</p>	<p>people come to her house to find work. Kamila could not refuse them because she knew that everyone was not doing well. They need money for their family. In the end, Kamila accepted every woman who came to her house to help her work.</p>
<p>Within a week, the school began to take shape. The neighborhood grapevine spread the word that young women were gathering for classes at the Sidiqi home, and students started flocking to the house each morning, ready to learn and to work. Though some schools in the neighborhood</p>	<p>71</p>	<p>Narration</p>	<p>UNISSULA جامعة سلطان अबوبنح الإسلامية</p>	<p>Everyone is excited about the sewing school that Kamila has founded. Kamila decided not to charge a course fee so that all the women could come and learn to sew in her place. In addition, those who are studying are involved in Kamila's business so that they have direct contribution experience in the</p>

were charging a small fee, Kamila had decided it was better not to; the girls would pay nothing while they were learning, and in exchange they wouldn't earn a salary until their training period ended. During their apprenticeship they would help make garments that Kamila could take to the market, so their work would contribute to the business almost immediately. How soon a girl completed her training depended on both her skills and her commitment to her work. Only Kamila and Sara would have the final say on that question, with input from their



work of making clothes that are worth selling in the market. Kamila hopes that it can foster a sense of responsibility to commit to their work.

	teachers, Saaman and Laila.				
3.	<p>Kamila tried to be optimistic. “I’m sure it won’t be more than a few months,” she’d say to her sisters when they grew restless and began to snap at each other. But privately she was sick at heart. She ached for her old life, which had been filled with school and friends. And she found it painful to imagine the world outside going on uninterrupted without her or any of Kabul’s women. Surely this could not last forever. Yes, she would wear the chadri, but she could not stay indoors with nothing but empty time for much longer; there had</p>	26	Narration	<p>Reaction formation is denial behavior carried out by individuals by exaggerating emotions and thoughts that are opposite to their true feelings. People who use this defense mechanism usually act against their feelings to cover up their anxiety (Gokdag 2015).</p> <p>According to Baumeister, Dale, and Sommer, the concept of reaction formation is to turn a socially unacceptable implant into its opposite, by showing exaggerated and extreme reactions in the</p>	<p>Kamila tried to be optimistic and calm her siblings even though she was scared and worried. Kamila wants to act as a protector for her younger siblings. Therefore, she chose to remain optimistic to calm herself and her siblings. Kamila showed a different reaction to encourage her siblings during war situations. Kamila wants to believe that everything will return to normal. She will be able to do activities as usual. She can also sleep soundly in her own house without being overwhelmed by feelings of anxiety</p>

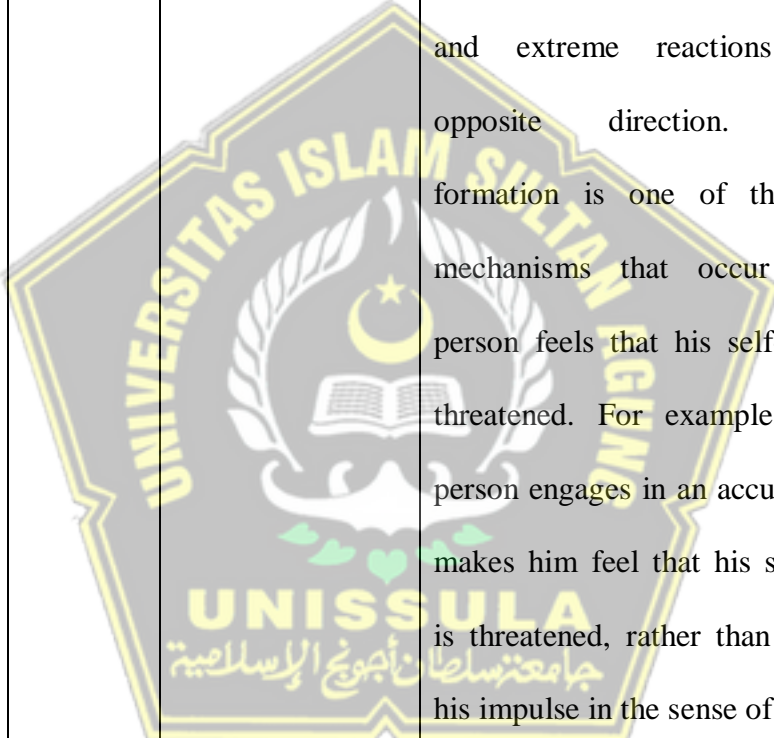
	<p>to be a way to study or to work, even if the university remained off-limits...</p>			<p>opposite direction. Reaction formation is one of the defense mechanisms that occur when a person feels that his self-esteem is threatened. For example, when a person engages in an accusation that makes him feel that his self-esteem is threatened, rather than satisfying his impulse in the sense of giving up, he will choose to act the opposite with a high-intensity effort to protect himself (1998).</p>	<p>about what will happen next.</p>
	<p>“Kamila Jan, I’m nervous about you going to the market,” Malika replied. One of the twins was running a fever</p>	<p>53</p>	<p>Diaogue + narration</p>	<p>Reaction formation</p> <p>Reaction formation is denial behavior carried out by individuals by exaggerating emotions and</p>	<p>Kamila and her sister are engaged in a serious conversation about the risks of Kamila's job. Kamila could not argue</p>

<p>and now slept uneasily against her shoulder. “The more work you get, the more you will have to be there and the more likely it is that something could go wrong.”</p> <p>Kamila could not disagree. But now that she had begun to see the possibilities, she had no intention of stopping. Their work could do a great deal of good for their own family—and maybe even some others in the neighborhood. Now, perhaps more than ever before, they must push forward.</p> <p>“I know,” she said. And she left it at</p>				<p>thoughts that are opposite to their true feelings. People who use this defense mechanism usually act against their feelings to cover up their anxiety (Gokdag 2015).</p> <p>According to Baumeister, Dale, and Sommer, the concept of reaction formation is to turn a socially unacceptable implant into its opposite, by showing exaggerated and extreme reactions in the opposite direction. Reaction formation is one of the defense mechanisms that occur when a person feels that his self-esteem is</p>	<p>with every word of her sister because she also knew about this risk. Kamila also feels anxiety like her sister but chooses to respond differently. Kamila did not want to give up because she had good reasons about a shop that would accept the clothes made by her and the people who worked at her house. Kamila knew that he could not go against the Taliban regulations, but she could still be careful not to get caught by the Taliban. This job helped her and the people around her. It made Kamila even more eager to continue this dangerous job.</p>
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	that.			threatened. For example, when a person engages in an accusation that makes him feel that his self-esteem is threatened, rather than satisfying his impulse in the sense of giving up, he will choose to act the opposite with a high-intensity effort to protect himself (1998).	
	Ignoring her fear and relying on her faith and her experience, she kept on talking, calmly and deferentially. Eventually Kamila realized that she was wearing the soldier down and he was beginning to tire of the situation. He was still angry but she sensed he	105	Narration + dialogue	Reaction formation is denial behavior carried out by individuals by exaggerating emotions and thoughts that are opposite to their true feelings. People who use this defense mechanism usually act against their feelings to cover up	This section shows Kamila trying to overcome her fear of facing the Taliban. Kamila knows that encounter the Taliban must be calm. Answering questions from the Taliban soldiers in a hurry and full of emotions is not a good idea. The previous story explained that

<p>was growing restless and was ready to move on to more docile offenders.</p> <p>The Talib peered at her through the rectangular screen of her burqa. His words came out in a deep growl.</p> <p>“If you didn’t have this ticket I would never allow you to go to Pakistan. Do not travel again without your mahram. Next time it will be prison.”</p> <p>He turned around and stepped off the minibus, returning to his post at the checkpoint. Kamila tried not to look in his direction as the driver pulled away and returned to the road once more.</p> <p>The driver, she noticed, looked as pale</p>			<p>their anxiety (Gokdag 2015).</p> <p>According to Baumeister, Dale, and Sommer, the concept of reaction formation is to turn a socially unacceptable implant into its opposite, by showing exaggerated and extreme reactions in the opposite direction. Reaction formation is one of the defense mechanisms that occur when a person feels that his self-esteem is threatened. For example, when a person engages in an accusation that makes him feel that his self-esteem is threatened, rather than satisfying</p>	<p>Kamila had faced the Taliban directly.</p> <p>This incident taught her that Taliban soldiers can still be spoken to during the process politely, firmly, and respectfully. And this method was successfully carried out by Kamila to face the Taliban soldiers.</p>
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	<p>and shaken as she felt.</p>			<p>his impulse in the sense of giving up, he will choose to act the opposite with a high-intensity effort to protect himself (1998).</p>	
	<p>Kamila depended on her faith to help her endure the terrifying offensive and stay strong for her younger sisters. She prayed for her country, which had known nothing but war and bloodshed for her entire life. Despite the fighting that now engulfed her home and her city, she wanted to believe that whatever came next, the future would be brighter.</p> <p>Peace and a chance to pursue our</p>	<p>112</p>	<p>Narration</p>	<p>Reaction formation is denial behavior carried out by individuals by exaggerating emotions and thoughts that are opposite to their true feelings. People who use this defense mechanism usually act against their feelings to cover up their anxiety (Gokdag 2015).</p> <p>According to Baumeister, Dale, and Sommer, the concept of reaction formation is to turn a socially</p>	<p>During the fear that Kamila felt, she chose to believe that Allah will always protect her and her family. Kamila also felt unable to cope with the worsening war situation, but she prefers to ignore those feelings and act as the strongest person for her siblings. Kamila believes that she is the one responsible for her family. Therefore, he must remain intense to the end. Kamila realized that there was nothing he could expect from</p>

<p>dreams, Kamila thought to herself one night when it seemed there would be no end to the blasts that rocked the earth beneath her. That's all we can dare to hope for.</p> <p>For now, she thought, it would have to be enough.</p>			 <p>unacceptable implant into its opposite, by showing exaggerated and extreme reactions in the opposite direction. Reaction formation is one of the defense mechanisms that occur when a person feels that his self-esteem is threatened. For example, when a person engages in an accusation that makes him feel that his self-esteem is threatened, rather than satisfying his impulse in the sense of giving up, he will choose to act the opposite with a high-intensity effort to protect himself (1998).</p>	<p>a war situation, only damage. But Kamila still tries to believe that a better future will exist for her and all Kabul residents. That belief gave him hope and strength to survive amid the war situation that hit his country.</p>
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