Psychological projection is a theory in psychology in which humans defend themselves against their own unconscious impulses or qualities (both positive and negative) by denying their existence in themselves while attributing them to others. For example, a person who is habitually rude may constantly accuse other people of being rude. It incorporates blame shifting.

According to some research, the projection of one's unconscious qualities onto others is a common process in everyday life.

from Bogor with love, Tiest
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