1. Catastrophising – continuously thinking of only the worst possible outcome, can lead to negative emotions and mental health, can overcome by thinking calmly and logically and having good support network
2. Denial defence mechanism and repression - refusing to accept true emotions, unable to cope up with his inability to defeat thanos , causes him to delve into alcohol and other negative behaviour
3. Rationalisation – justifying wrong behaviour
4. Ron inferiority complex – (cudnt find video)
5. Dobby effect – related to excess of guilt, might even lead to self punishment