

# Dream Analysis

According to Freud **dreams** are where your subconscious desires are revealed:

## Dreams have:

- Manifest Content: the storyline of our dreams dreamers are **conscious** of; sometimes incorporates traces of previous days' experiences and preoccupations.
- Latent Content: censored symbolic version; consists of **unconscious** drives and wishes that may be threatening if expressed directly.

# Dream Analysis Practice:

## Dreams about Losing Teeth

- Dreaming about losing your teeth is an **indicator of anxiety** and, possibly, **feelings of helplessness and lack of control** over one's life circumstances.
- The loss of a tooth or teeth in your dream could be a way to symbolically **bring to your awareness something you are giving up or feel like you are losing in your waking life.**
- A dream of losing teeth could be a reminder that **you either made a decision or are about to make one that feels like a heavy compromise** and could generate emotional suffering if not dealt with it consciously. You may be facing a situation where you have to make costly compromises and the trade-off is not satisfying.

# Dream Analysis Varies by Culture & Era

- *Until the end of the 20th century, it was common to interpret losing teeth in dreams as a sign of the future death of a family member. This meaning associated with the loss of a tooth or teeth in a dream is held in various traditions, including traditional Chinese and some native American dream interpretations.*
- More recently, a more symbolic interpretation is preferred to present losing teeth in dreams as a representation of the dreamer's fear of aging.

# Dreaming Differs for the Genders

- According to psychological research on dreams, women seem to dream more about teeth falling out than men. (Source: “*Typical Dreams: Stability and Gender Difference*”. *Psychological Reports*, 1984)
- Jung, one of the most influential psychologists of the 20<sup>th</sup> century at the origin of Jungian dream analysis, suggests that, especially for women, dreaming about losing a tooth or teeth relates to birthing.

# Dream Analysis Practice

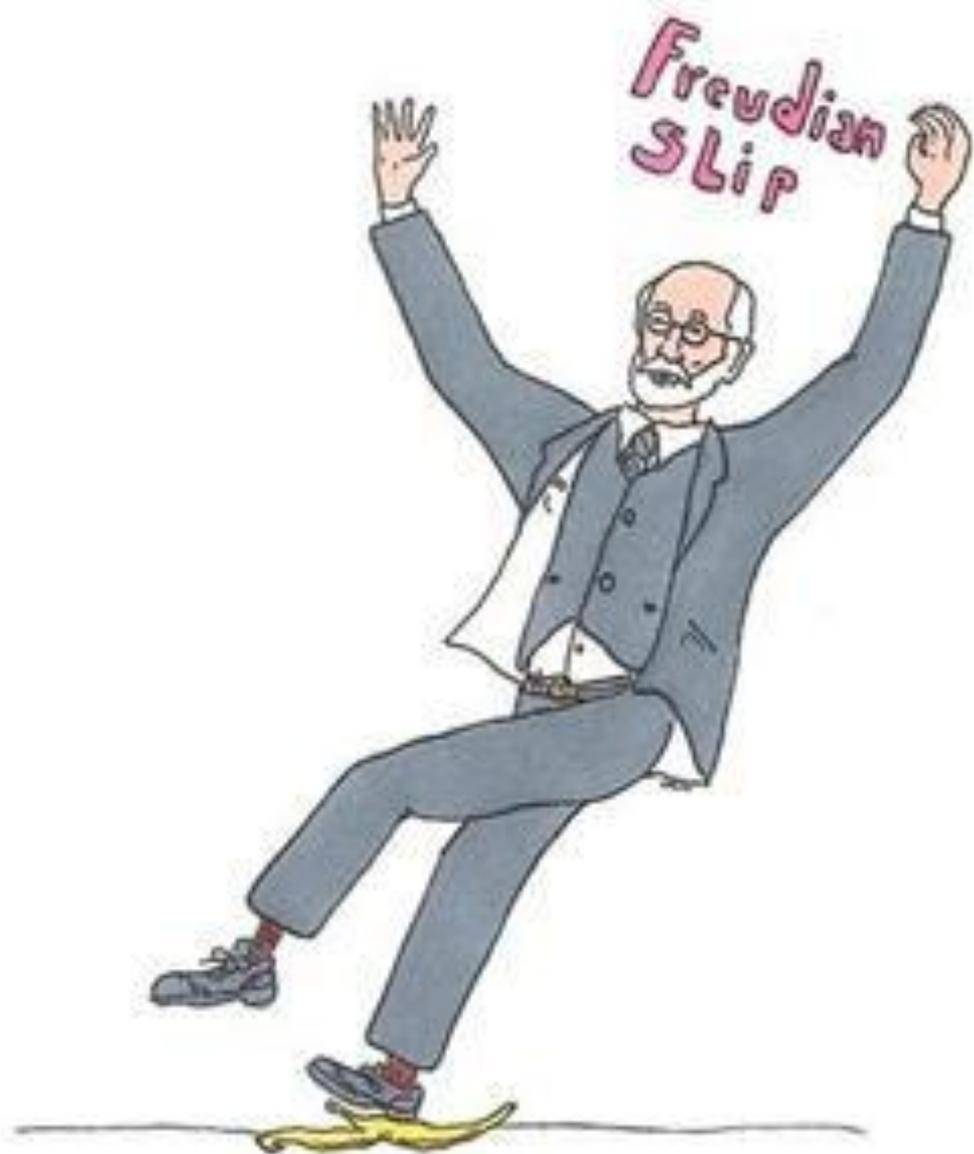
-Share a recurring or powerful dream that you have had with your partner. Identify manifest content first and then determine what latent content symbolically reveals.

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# Freud REVIEW QUESTIONS

- List the four techniques of psychoanalysis.
- Evaluate which would be the most effective in your opinion. Justify your answer.



# Freudian Slips

- A **Freudian slip**, also called **parapraxis**, is an error in speech, memory, or physical action that is interpreted as occurring due to the interference of some unconscious ("dynamically repressed"), subdued, wish, conflict, or train of thought.
- How does this classic sitcom moment illustrate the unconscious mind's operation?

# Four Freudian Topics Useful in Literary Analysis

## 1. Psychoanalysis/ Personality Theory

### – Psyche:

- Conscious and Unconscious Mind
- Id/Ego/Superego

### – Psychoanalysis

Purpose/Techniques

## 2. Defense Mechanisms

## 3. Freudian Slips

# **DEFENSE MECHANISMS**

**Unconscious tactics that reduce or redirect anxiety in various ways, but always by distorting reality.**

1. **Repression**
  - banishes anxiety-arousing thoughts and feelings from consciousness
2. **Regression**
  - retreating to an earlier, more infantile stage of development
3. **Projection**
  - Attributing one's own unacceptable threatening impulses to others
4. **Rationalization**
  - offers self-justifying explanations in place of the real, more threatening, unconscious reasons for one's actions
5. **Displacement**
  - shifts impulses toward a more acceptable or less threatening object or person, as when redirecting anger toward a safer outlet

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# Differentiating between Projection and Displacement

- Projection and displacement both involve the misdirecting of our discomfoting emotions onto objects outside of ourselves to reduce psychological tension.
- To understand the difference between projection and displacement, it is helpful to momentarily divide the world into subjects and objects.
  - Projection is when the **subject** changes.
  - Displacement is when the **object** changes.

# Understanding the difference between Projection and Displacement

- Imagine a scenario where you get yelled at by your boss. As a result, you feel angry, victimized, and dis-empowered. You wish you could have yelled back, but for various reasons you couldn't.
- **Displacement** would be going home and in a moment of minor irritation snapping at your cat or your spouse.
  - You're actually angry at your boss, but since you cannot express that emotion towards him or her, you express it towards a less threatening object/target.
- **Projection** would be going home and telling your spouse how angry your cat is at your boss OR retelling the story of what happened as an instance of your boss failing to stand up to the CEO.
  - When projection occurs, the feeling itself is so threatening that it must be removed from the self and transferred into another being.

# **REVIEW: DEFENSE MECHANISMS**

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# Freud and Literature

So what does all of this psychological business have to do with literature and the study of literature?

- Put simply, some critics believe that we can "...read [texts] psychoanalytically...to see which concepts are operating in the text in such a way as to enrich our understanding of the work and, if we plan to write a paper about it, to yield a meaningful, coherent psychoanalytic interpretation" (Tyson 29).

# Typical questions asked during Freudian analysis of a literary text:

- What does the work suggest about the psychological being of its author?
- What might a given interpretation of a literary work suggest about the psychological motives of the reader?
- Are there any oedipal dynamics - or any other family dynamics - at work here?
- How can characters' behavior, narrative events, and/or images be explained in terms of psychoanalytic concepts of any kind (for example ... fear or fascination with death, character's actions reflecting the operations of the ego or id or superego)?
- Are there prominent words in the piece that could have different or hidden meanings? Could there be a subconscious reason for the author using these “problem words?”

# Freudian Literary Analysis Practice

- **Which aspect of the unconscious mind motivates **these literary characters to act?****

- Macbeth and Lady Macbeth? (analyze the first and last half of the play separately)
- Romeo and Juliet?
- Mercutio?
- Antonio?
- Ultima?
- Okonkwo?
- Napoleon (the pig)?
- Pick two other literary characters from books you've read to analyze.
- ATTC-Madame Defarge?
- ATTC-Lucie Manette?
- JE-Rochester?
- Jane Eyre?

*Add **Frankenstein** characters too:* Victor, the creature, and Elizabeth are required but discuss many. 😊

# Psychoanalytic Reading of Characterization in *Macbeth* or *Frankenstein*

Identify at least two times the author has a character exhibit a defense mechanism in the [play/novel] and assess its effect on other characters and the plot.