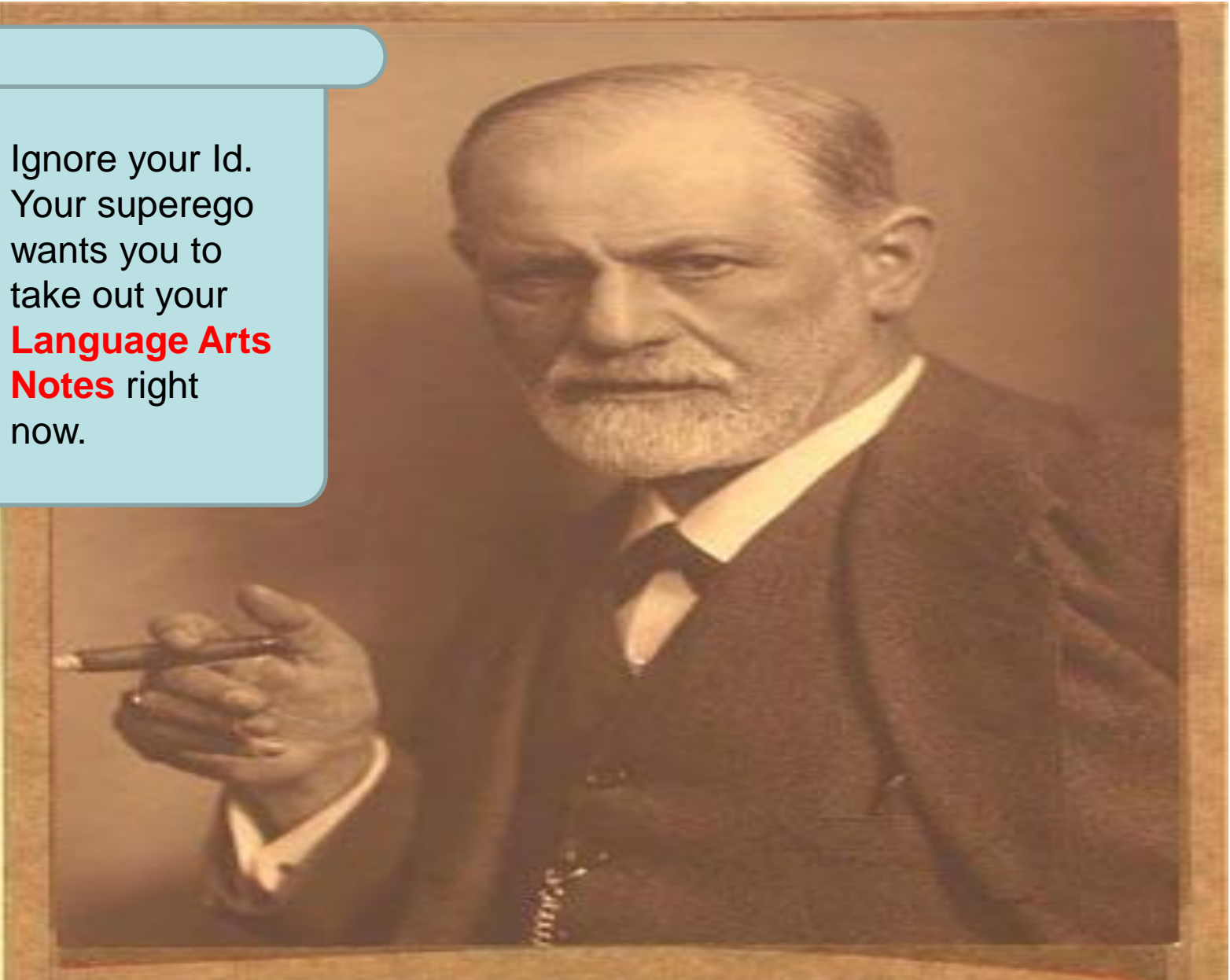


# SIGMUND FREUD 1856-1939

Ignore your Id.  
Your superego  
wants you to  
take out your  
**Language Arts**  
**Notes** right  
now.



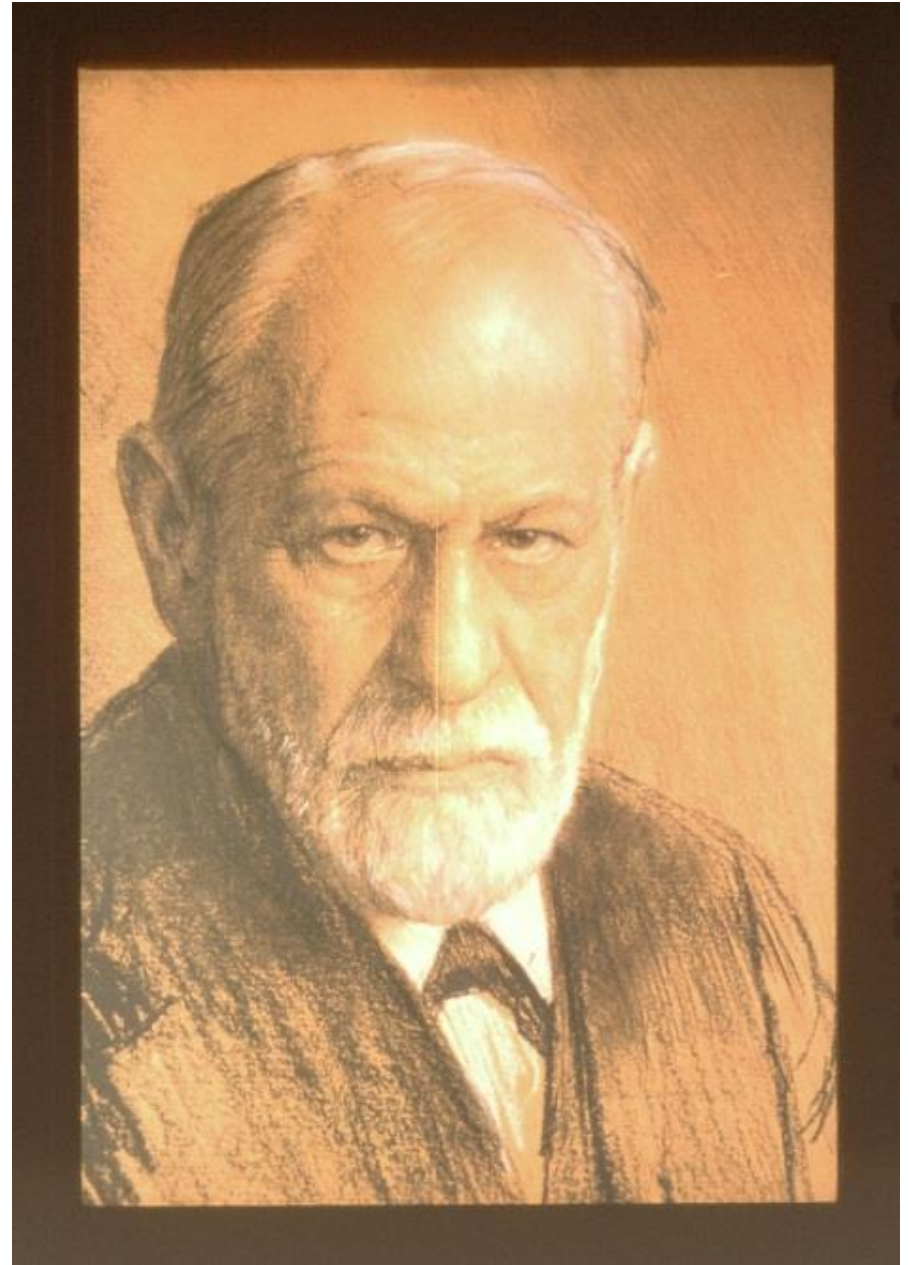
Sigmund Freud was a very controversial personality theorist, and was an Austrian physician.



# Sigmund Freud's Psychoanalytic Perspective

**“I was the only worker in a new field.”**

Love him or hate him, Sigmund Freud has profoundly influenced Western culture. To recognize his influence, we need to understand Freud's ideas concerning the unconscious, dream interpretation, and mechanisms for defending against anxiety.



- Sigmund Freud (1935) put it most simply: The healthy adult, he said, is one who can *love* and *work*.
- For most adults, **love** centers on family commitments toward partner, parents, and children.
- **Work** encompasses all our productive activities, whether for pay or not.
- Was Freud right? To what extent do these two aspects of adult life determine self-fulfillment and life satisfaction? Are there any other significant factors?

# Three Freudian Topics Useful in Literary Analysis

## 1. Psychoanalysis/ Personality Theory

### – Psyche:

- Conscious and Unconscious Mind
- Id/Ego/Superego

### – Psychoanalysis

Purpose/Techniques

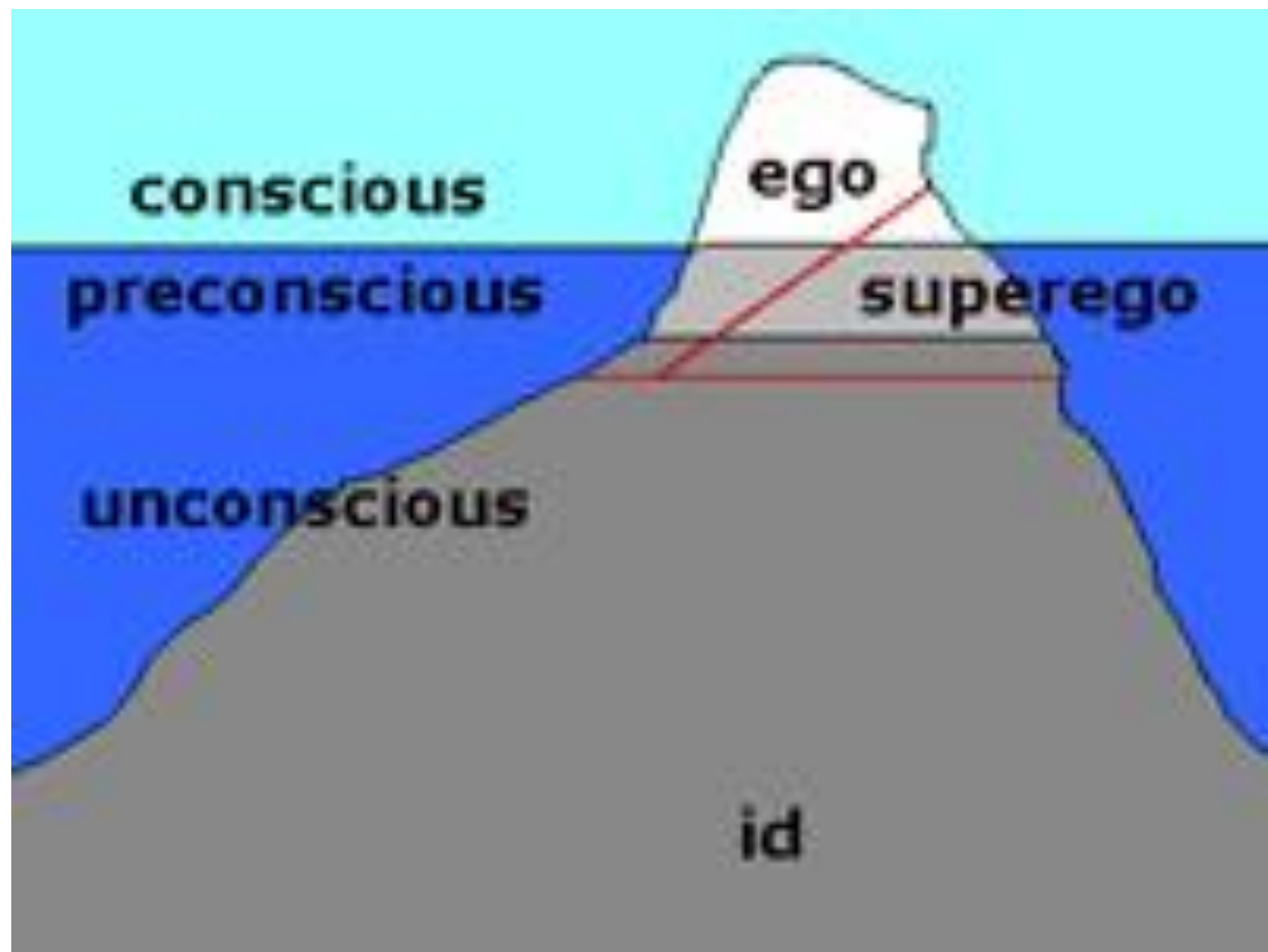
## 2. Defense Mechanisms

## 3. Freudian Slips

# Psychoanalysis/ Personality Theory

- **Freud believed that your psyche [mind] has two parts:**
  - **Unconscious Mind:** large below-the-surface reservoir which contains thoughts, wishes, feelings and memories, of which we are unaware.
    - Composed of the **Id, Superego, and Ego**
    - Freud's psychoanalytic perspective proposed that these three **unconscious motivations influence personality.**
  - **Conscious Mind:** The part of your mind that your thoughts make you aware of





# Three Freudian Topics Useful in Literary Analysis

## 1. Psychoanalysis/ Personality Theory

### – Psyche:

- Conscious and Unconscious Mind
- Id/Superego/Ego

### – Psychoanalysis

### Purpose/Techniques

## 2. Defense Mechanisms

## 3. Freudian Slips



# The Psyche:

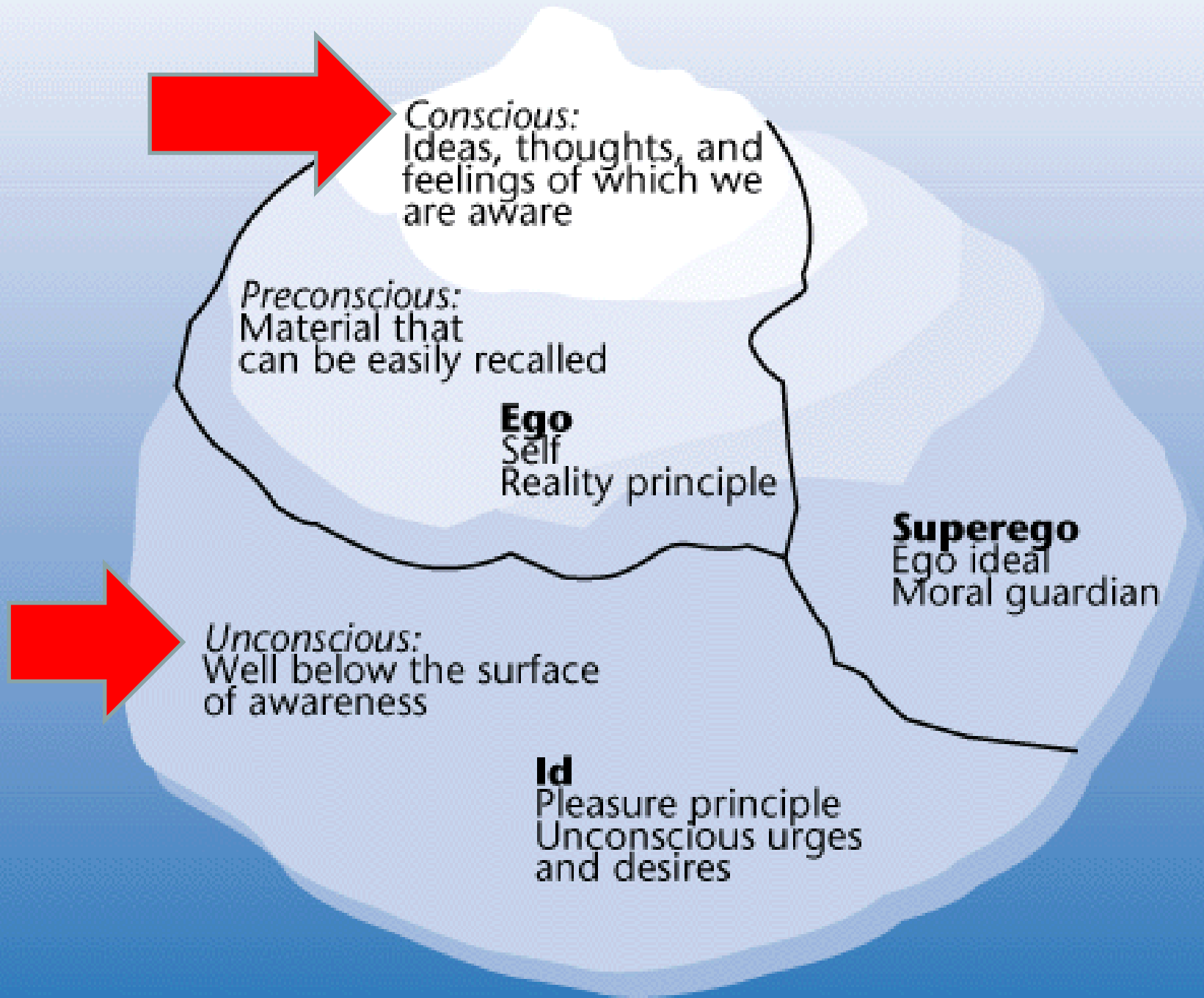
## The mind, and why we do what we do

- People's actions can be explained by the interaction of the three parts of their subconscious mind:

–The Id

–The Superego

–The Ego



# Id: Basic Desire

- What each person wants
- No sense of conscience:  
everyone's "inner child"
  - Children, before they are taught social skills
- Demands immediate gratification of their needs and desires

# Superego: Society's Rules

- Guided by socially imposed behavior and a sense of guilt
- Learned through adult instruction and living in society
  - Taught through guilt: Parents scold you and other members of society criticize or teach you

# Ego: Reality

- Creates a balance between the id and the superego
- Takes the desires of the id, filters them through the superego, and comes up with an action that satisfies both entities
- The Ego realizes that the id must be satisfied, but that there are certain socially acceptable ways to achieve satisfaction

*Conscious:*  
Ideas, thoughts, and feelings of which we are aware

*Preconscious:*  
Material that can be easily recalled

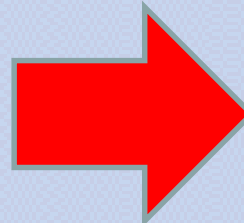


**Ego**  
Self  
Reality principle

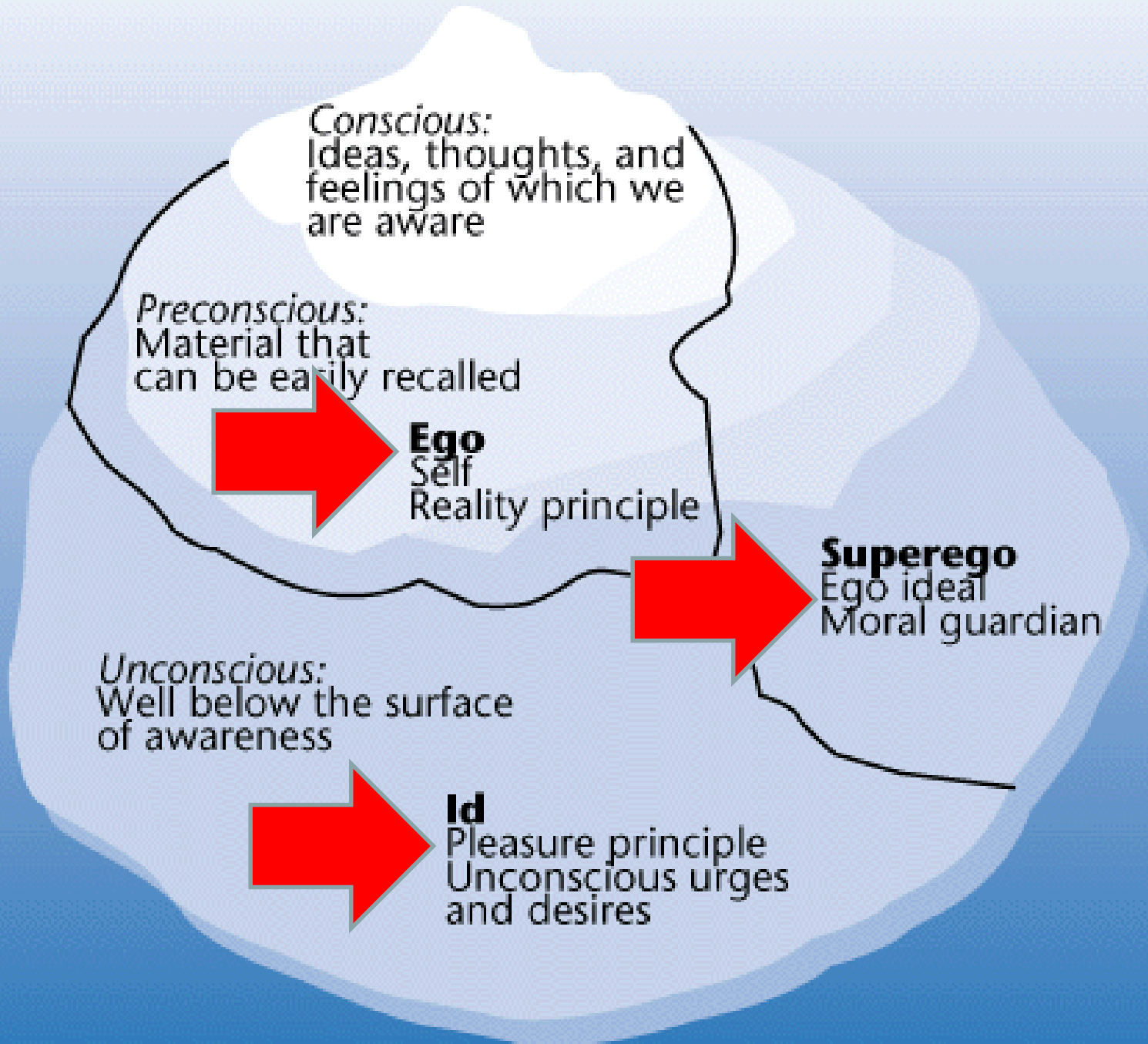


**Superego**  
Ego ideal  
Moral guardian

*Unconscious:*  
Well below the surface of awareness



**Id**  
Pleasure principle  
Unconscious urges and desires





# Psychoanalysis/ Personality Theory

## Personality Structure according to Freud

**Id**-a reservoir of unconscious psychic energy constantly striving to satisfy basic drives to survive, reproduce, and aggress.

The id operates on the ***pleasure principle***: If not constrained by reality, it seeks immediate gratification.

**Superego**-represents internalized ideals and provides standards for judgment (the conscious) and for future aspirations.

**Ego**-the largely conscious, “executive” part of personality that, according to Freud, mediates the demands of the id, superego, and reality.

The ego operates on the ***reality principle***, satisfying the id’s desires in ways that will realistically bring pleasure rather than pain.

**Psychology:** After reading the Freud on the next slide...

- Define the “pleasure principle.”
- Which aspect of the Freudian psyche is dominant in the pleasure principle?
- Articulate whether you agree with Freud’s pleasure principle.

# Sigmund Freud's *Beyond the Pleasure Principle*

“In the theory of psycho-analysis we have no hesitation in assuming that **the course taken by mental events is automatically regulated by the pleasure principle.** We believe, that is to say, that the course of those events is invariably set in motion by an unbearable tension, and that it takes a direction such that its final outcome coincides with a lowering of that tension- that is with an avoidance of unpleasure or a production of pleasure.”

# Freudian Analysis: Driving Forces

- **Are people motivated by different aspects of their unconscious mind at different times in their lives?**
  - Which aspect of the unconscious mind motivates most **kids and teens** to act as they forge their own identity, independent of their parents?
  - Which aspect of the unconscious mind motivates most **adults** to act as they create stable families and try to keep their kids safe?

# Self-Evaluation

- Are you id-dominant or super ego-dominant?
  - Give examples from things you've done in your life when both the id and the super ego were dominant.
  - Which is the primary force driving your behavior?
    - Think both long and short term as you reflect and self-evaluate.

# Psychoanalysis/ Personality Theory

## Personality Structure according to Freud

**Id**-a reservoir of unconscious psychic energy constantly striving to satisfy basic drives to survive, reproduce, and aggress.

The id operates on the ***pleasure principle***: If not constrained by reality, it seeks immediate gratification.

**Superego**-represents internalized ideals and provides standards for judgment (the conscious) and for future aspirations.

**Ego**-the largely conscious, “executive” part of personality that, according to Freud, mediates the demands of the id, superego, and reality.

The ego operates on the ***reality principle***, satisfying the id’s desires in ways that will realistically bring pleasure rather than pain.



# Three 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

# Psychoanalysis/ Personality Theory

- Freud called his theory and associated techniques of **stabilizing personality psychoanalysis**: his clients used this process to improve their ability to be productive in society: to **love and work**.
- **Method of Psychoanalysis:**
  - **Free association**
  - **Dream Analysis**
  - **Thematic Apperception Test**
  - **Rorschach Inkblot Test**

# Psychoanalysis/ Personality Theory:

## ASSESSING THE UNCONSCIOUS

- Free Association: the patient is asked to relax and say whatever comes to mind, no matter how embarrassing or trivial.
- Thematic Apperception Test: a test in which people view ambiguous pictures and then make up stories.
- Rorschach Inkblot Test: a set of 10 inkblots, seeks to identify people's inner feelings by analyzing their interpretations of the inkblots.
- Dream Analysis: The subject of dreams provides a link to the unconscious mind ...

# Free Association Practice

- Pick a partner
- Have one partner face the screen and the other partner face away from the screen
- The person facing the screen reads the list of words to the other person
- The person looking away from the screen says the first word that comes to mind when the word is said
- The therapist infers from the responses what you're unconsciously thinking about

# Free Association Practice

- Football
- Canada
- Mom
- Spaghetti
- Skyline
- Punishment
- Dad
- Rollercoaster
- Travel
- Tiring
- Doran
- Airplane
- Critical Reading
- Hockey
- Skyline
- Trump
- Vacation
- Paperclip
- WWII

# Free Association Practice

- Ballet
- Homework
- Uncle
- America
- Anxious
- Baseball
- Success
- Silence
- Donut
- Vacation
- Science
- Obama
- Math
- Russia
- Cupcake
- Swimming
- Democracy
- Running
- Olympics
- IB Testing



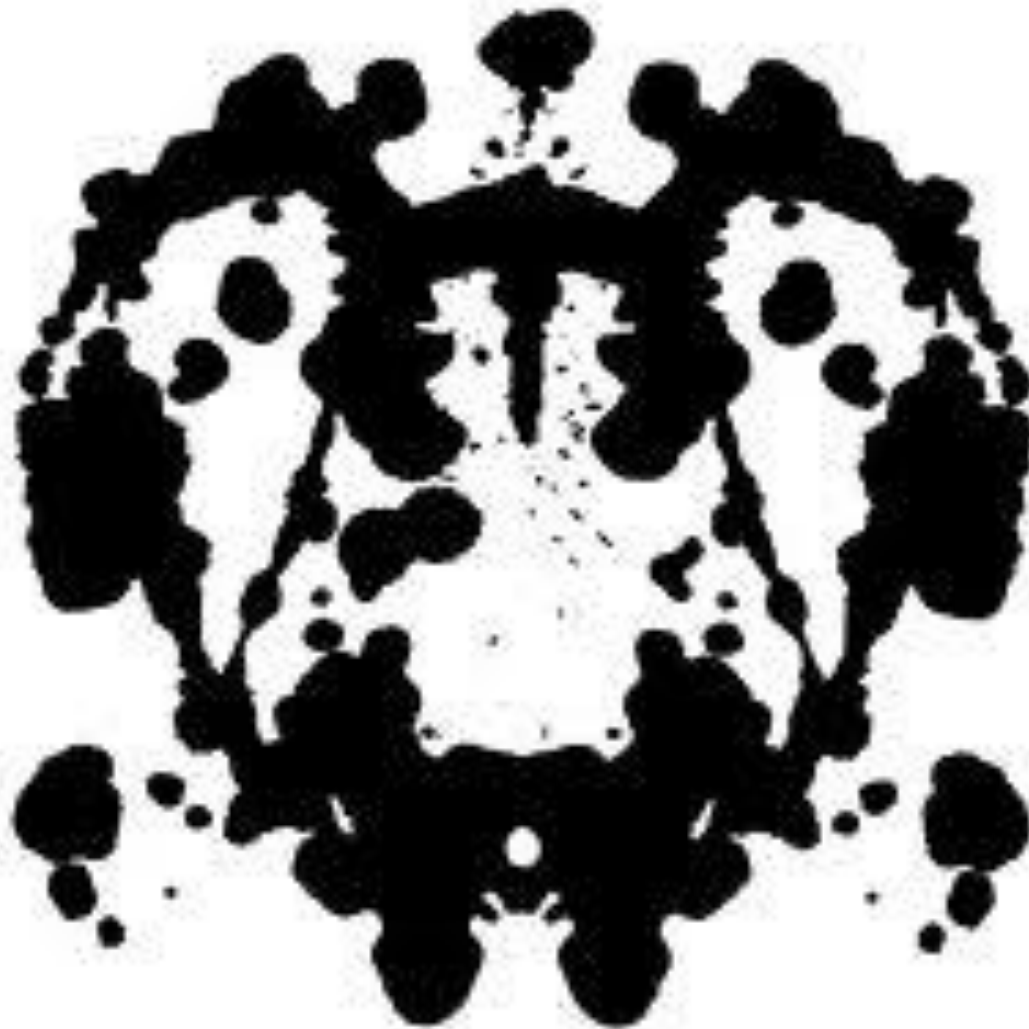
# Thematic Apperception Test



# Thematic Apperception Test



# Rorschach Test



# Rorschach Test

