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Photo 4.1 Sigmund Freud remains one of the most controversial thinkers of all time. Which of Freud's ideas do you find most applicable to your personal experiences and why?

FIGURE 4.1 ● The Interactions Between the Unconscious and the Ego

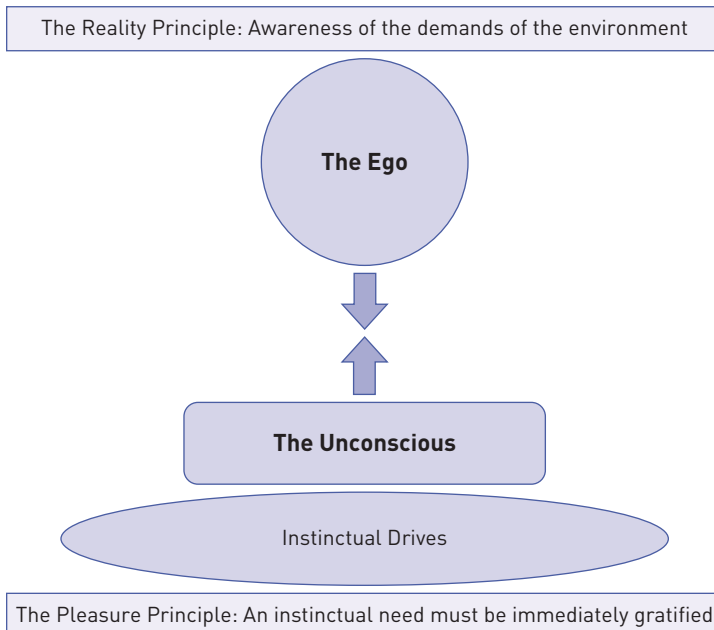
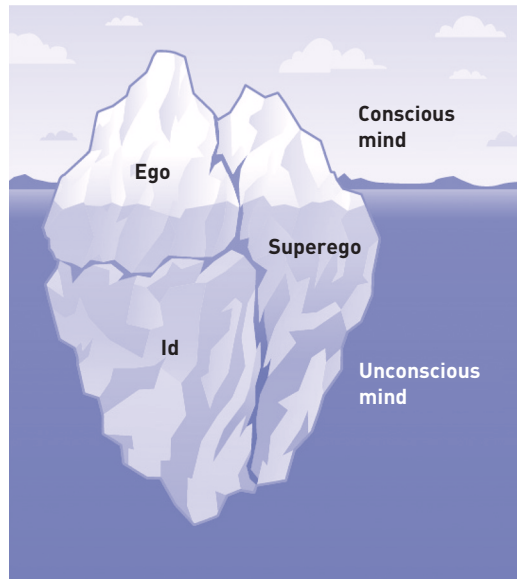


FIGURE 4.2 ● Interactions Among the Id, the Ego, and the Superego



CHECK AND APPLY YOUR KNOWLEDGE

1. Compare and contrast the pleasure principle and the reality principle.
2. What is the opposite drive to the death wish?
3. Using Freud's psychoanalysis, how would you explain the motivation of the person who sacrifices her safety and well-being on behalf of another person? In your view, is this a manifestation of the death wish or the love instinct?
4. The id is the component of the psyche that contains what?
5. What is the superego? Is it conscious or not?
6. Choose one developmental stage and describe it.
7. If you were a psychoanalyst, how would you apply these developmental stages to explain the lying behavior in the opening case?
8. From your personal standpoint now, suggest at least two strengths and two weaknesses of this Freudian classification.

Photo 4.2 Alfred Adler believed that adversities in our lives could spark the development of our previously hidden talents. Are you able to apply this theory to your life? Were any significant difficulties helpful in developing some of your personality traits?

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SELF-REFLECTION

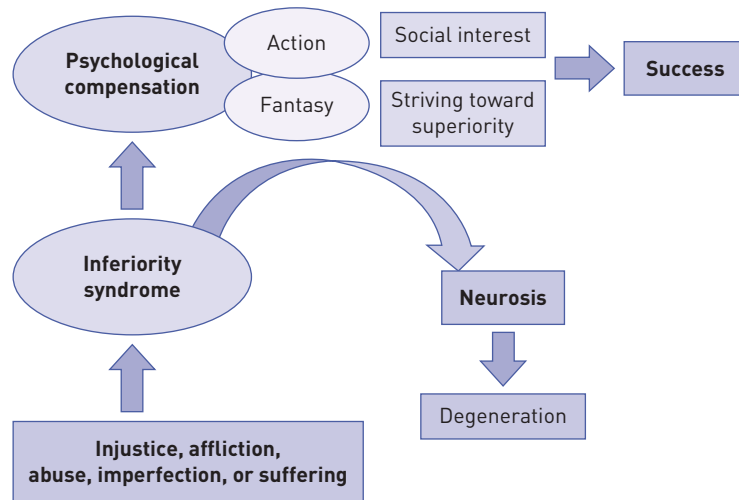
Adler first (1930) and then others (Sulloway, 1996) studied birth order and argued that it makes a difference on an individual and his or her behavior and personality features. Adler believed that firstborn children, because of their upbringing, should be more serious, conscientious, aggressive, conservative, organized, responsible, independent, fearful, high achieving, and competitive than their siblings. The youngest should be more outgoing, spontaneous, selfish, irresponsible, dependent, less competitive, and less achievement-oriented than other siblings. Children who are born in the middle are “mediators”; they need to take care of the conflicts between other siblings, take middle ground, and find compromises. The only child can assume features of both categories and is likely to be selfish.

According to Sulloway’s (1996) research, firstborn children tend to be more supportive of status quo and the existing social and political establishment than their younger siblings (*later-borns*). For example, during the French Revolution, royalists (supporters of the king) were largely firstborns. But so were the most irreconcilable opponents of the monarchy. Moderates tended to be middle children.

Questions

Identify from their biographies the birth order of the past 10 U.S. presidents. Were they older or younger brothers in their families? What was their party affiliation? According to theory, older siblings are supposed to be more conservative, and younger ones are supposed to be more liberal. Discuss in class if the assumptions of Adler and Sulloway about birth order are applicable to you and your siblings (if you have them).

FIGURE 4.3 ● Adler's Style of Life and Three General Outcomes of an Individual's Compensatory Efforts



CHECK AND APPLY YOUR KNOWLEDGE

1. What is organ inferiority?
2. What is compensation, according to Adler? Give examples.
3. What is the self-ideal, according to Adler?
4. What is your personal self-ideal? What difficulties do you have to overcome to achieve this self-ideal?

CHECK AND APPLY YOUR KNOWLEDGE

1. What is the collective unconscious?
2. What are Jung's archetypes? Name any two and explain them.
3. Why is it important to us to be aware of our archetypes?
4. How did Jung explain the mandala?
5. How would you personally interpret your own circular patterns on a piece of paper?
6. What are primordial fears? Are you aware of having primordial fears? What are they? How difficult will it be to discuss these fears with somebody else? How about in class? (If this is too difficult, you don't have to do this).
7. Have you ever wondered how it would feel if a giant animal swallowed you? Think about it. Does this idea scare you or fascinate you?

Jung believed that fear of being swallowed is one of the universal human fantasies related to death and rebirth through the act of eating. Jung compared the dreams and fantasies of his patients with different fairy tales. He turned to several such tales. One was the famous Red Riding Hood story, in which the wolf eats the grandmother, who is later rescued by the huntsman. Jung also considered ancient myths in which the sun is swallowed by a sea monster. The sun rises again in the morning. The story of Jonah in the Christian tradition and of Yunus in the Islamic tradition both contain the plot element in which a man is swallowed by a giant fish but then rescued. We can find many similar examples. In the *Adventures of Pinocchio* by the 19th-century Italian author Carlo Collodi, a giant fish swallows the little wooden puppet, who later escapes. In a famous Russian fairy tale by Kornei Chukovsky, a giant crocodile swallows the sun. In the ensuing darkness, the distressed people force the crocodile to spit out the sun. In the film trilogy of *Pirates of the Caribbean*, Captain Jack Sparrow is swallowed by a giant sea beast in the second film, only to reappear in the third.

Using these examples, Jung's followers maintain that the similarities in these stories are based on the common human archetypes attached to fears and fascinations. Critics maintain that children (and adults as well) hear such stories about beasts swallowing a character first and then develop fantasies and fears related to these stories, not the other way around.

Questions

Could you suggest other tales or films involving the act of swallowing and rebirth or reappearance? How do these stories end? Discuss a possibility to test Jung's ideas about primordial fears experimentally or by other methods.

TABLE 4.1 ● Features Associated With Extroversion and Introversion

Features Associated With Extroversion	Features Associated With Introversion
Generally directed to others.	Generally directed to self.
Tries to participate in events; joins many groups and feels comfortable when there are many people around.	Stays away from participating in events; doesn't join many groups and feels uncomfortable when there are many people around.
Most tasks and problems appear easy, manageable, positive, and rewarding.	Most tasks and problems appear too demanding, overpowering, negative, and menacing.
Tends to trust people, tends not to be envious, and tends to feel competent.	Tends to be distrustful, envious, and often prone to inferiority feelings.
Has a generally positive attitude about other people and the world in general; tends to see the world in rosy colors. Self-criticism is infrequent and insignificant.	Tends to be critical about other people and the world in general; always finds "a hair in every soup." Self-criticism is frequent and significant.
Relations with other people do not require a guaranteed safety. In relationships, trust prevails.	Relations with other people tend to be warm only if safety is guaranteed. In other cases, defensive distrust is common.
Views of others and group pressure frequently affect judgments and actions.	Views of others and group pressure only infrequently affect judgments and actions.

Source: Jung, 1924.

TABLE 4.2 ● Jung's Function Types

The Extrovert			
Thinking Type	Feeling Type	Sensation Type	Intuition Type
Rejects most things based on feelings or intuitive or irrational ideas, including religious beliefs and experiences. Common among men. Jung considers Freud to be in this category.	Feelings are based on the impact of external circumstances and less on subjective experiences. This type tries to do right things. Pleasure seeking is typical. Common among women.	Lacks an intellectual potential and tries to find pleasure under any circumstances.	This type cares about relationships among several things and tries to exploit social situations. Common among entrepreneurs, politicians, and women.
Less concerned with new facts and more preoccupied with new ideas. Follows own way of thinking and tends to ignore criticism. Frequently is impractical.	Cares about personal experience and often appears negative or indifferent. Common among women and creative artists.	Behavior is guided less by the object than by the intensity of own, subjective experiences.	Focuses on the background process of consciousness. This type is common among musicians, dreamers, or artists. Jung considers himself in this category.

CHECK AND APPLY YOUR KNOWLEDGE

1. Compare the characteristics of extroverts and introverts. Are there any similarities between them?
2. Compare the feeling and the thinking types (according to Jung).
3. Which type do you feel resembles your personality features the most and why?
4. What is individuation? Give an example.
5. Why did Jung call the Western psychology's worldview *ethnocentric*?
6. What did Jung call religion a product of?
7. Why was psychoanalysis often labeled as a *self-fulfilling prophecy*?



Photo 4.3 Do you have individual skills and traits that would make you a fine therapist? What are they?

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CHECK AND APPLY YOUR KNOWLEDGE

1. What is psychobiography?
2. Which edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* was filled with psychoanalytic terminology and arguments?
3. Answer these questions from the standpoint of psychoanalysis: Why do people often turn to violence on behalf of religion? What forces motivate these people to willingly sacrifice their lives to kill others?

Visual Review

