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PSY441

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### Chapter 3, Question 8

There are some similarities between Jung and Freud when it comes to the importance of dream analysis; however, Jung took a notably different approach. In terms of dream analysis, Jung believed that dreams were involuntary and expressed materials found in their unconscious (Ryckman, 2013). Instead of dreams expressing sexual and aggressive desires, they represent solutions to the individual's problems. He even said that if a dream does not recur again, the conflict was resolved, but if the dream kept repeating, then the issue had not been resolved. Jung also mentions that dreams are a way to develop our personality. For example, those who are shy usually dream about themselves as extraverted. It allows the individual to examine themselves and to grow.

Jung also used word associations as an experimental technique (2013). In this technique, he presented participants with a stimulus word and asked them to respond with a word that came to mind. What Jung paid attention to during this experiment was the amount of time between hearing the stimulating word and the response. He argued that the longer the time it took them to come up with an answer, it meant that the word tapped into an area of conflict within the psyche (2013).

Lastly, Jung also focused on symptom analysis. Jung believed that people experience symptoms when they have fallen under a pattern and require growing in our personality. What is essential about these symptoms is that it allows a person to analyze themselves and potentially

foster a change. These symptoms are not only a result of surface issues but also interpersonal issues.

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### Chapter 3, Question 2

Archetypes, as defined by Jung, have to do with images and behavioral patterns from our culture. What we learn from our families is embedded in our memories that are common in our brain structure. Jung made it clear that he believed that culture and past experiences do not necessarily determine our personalities. However, they provide a predisposition or guideline on where to go or who to be in certain situations. There is no specific time when these archetypes emerge; they either occur out of nowhere or when a person experiences a certain amount of stress (Ryckman, 2013).

There are about twelve archetypes that Jung mentions. Some of them include the persona, the animus, the shadow, the self, etc. The persona is our facade to the world. This is what those around us see. This is usually where we conform to what we think everyone else would like to see. It is the archetype that could make us farther from ourselves. The next archetype is the animus. The animus archetype is the mirrored image of the opposite sex (2013). For example, every female has masculine qualities, and every male has feminine attributes. So the animus is an expression of those qualities in their personality.

The shadow archetype is considered our “dark” side. This represents the evil side of our unconscious psyche. This can be manifested in both negative and positive ways. Ryckman

(2013) gives the example of a murderer who decides not to kill their victim because they remind them of a loved one. Lastly, the self has to do with the self, which could be found in everyone. It is an internal guide that could come to pass in all of us. Everyone desires to reach self-actualization, and Jung argues that this archetype is the way to individuation (2013). Additionally, it is the innate desire to succeed in life.

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### Chapter 3, Question 6

Extraversion and introversion are character types that Jung believes are important to develop to be psychologically healthy. He defines extraversion as outgoing and a person who can accommodate to their environment. These people are more likely to be confident, and they can form attachments quicker. By contrast, introversion refers to a more hesitant and reserved personality. These people are usually more defensive in their given situations.

After reading the descriptions of this personality, I would say that I am more extraverted than introverted. When it comes to getting to know people, I am usually easy to talk to and do not mind initiating conversations. I also find that when I am in a new environment, such as a work environment, I can become easily attached to coworkers. I agree with Jung because he says that we must possess both extraverted and introverted qualities. Naturally, we can either be consciously extraverted or unconsciously introverted.

A person's personality dramatically affects how they go about situations and the resulting emotions. Studies show that those who are more introverted are more likely to experience depression. That is why it is essential for them to also engage in some of their extrovert qualities. The same goes for extraverted people; finding a balance between them allows the person to cultivate more meaningful relationships, psychological and emotional health.