

Freud: Essay Questions

Question #1

Freud's assumption about our mental being was divided into the conscious, preconscious, and unconscious. According to Freud, the conscious is considered the time we are awake. It is our ideas and sensations of our awareness. Freud felt the conscious only played a partial role in the individual's personality development and function. Some people live with a greater awareness of everyday experiences, but Freud still felt that the most mature person was controlled by their unconscious needs and conflicts. The preconscious is those experiences that lay around and can be quickly brought into the part of the conscious with little trouble—however, the unconscious functions on a much deeper level of our personality. The unconscious consists of the memories and experiences we are unaware of. According to Freud, the mental state of unawareness is to protect the individual from pain and anxiety. For example, this can be from experiencing sexual abuse in the past or present or some other traumatic event in a person's life. The unconscious keeps these memories repressed. The critical point of the repressed memories is that they don't just disappear. What happens is that they show up in a person's life disguised and distorted. Showing up in the conscious disrupts a person's life and interferes with rational behavior.

Question #2

The Id is the original aspect of personality. Freud believed that the id was rooted in the individual's biology, which consisted of unconscious sexual and aggressive instincts. These instincts may work together to affect our behavior. An example of this is children or adolescents screaming and yelling at their mom or dad, calling them awful names while loving them so much. Freud saw the id as having powerful and primitive urges and desires. The id is immoral and seeks to express these desires indiscriminately in external reality. Its primary concern is the pleasure principle. The pleasure principle claims that people will always strive to maximize pleasure and minimize pain. The ego is the organized part of the id. According to Freud, the ego provides the id with control and a more realistic direction for the person's id impulses. The ego helps the person with the environment that require appropriate transactions if they are to be satisfied. The ego develops partially to carry out the course of the id. The relationship between the two structures is effective. It keeps the id's impulses at bay until a useful something is found. The superego is the person's internalization of societal values. The values are taught and instilled by the parents. These values are what is appropriate and inappropriate in life situations. The superego is what is learned.

Ideals that the parent or guardians teach. The superego has two significant components the conscience and the ego ideal. The parents guide the conscience through punishment, and the ego ideal is learned through rewards. The primary purpose of the superego is to prohibit the id's urges, persuade the ego to replace behaviors in a moralistic way with real ones, and aim to be perfect. The superego interacts dynamically with the id and the ego. Superego is positive in many ways in that it prevents the individual from acting out or expressing inappropriate urges, but it can also be damaging. The superego may be very harsh and demand too much from the

person. It places high standards on the person as well as others. This often leads to difficulty in having healthy relationships.

Question #7

According to Freud, a person who overeats continually is someone who did not resolve the primary conflicts during the oral stage of psychosexual development. This will occur because of something that didn't go as precise as it should have during the oral stage of their life. In the oral stage, an infant has no control. Their biological impulse is running the show, and they are all about pleasure. These pleasure sensations occur when the infant takes in water and food. The parent's behavior is most important in determining whether, as adults, they will have difficulties. The problems would be overindulgence or under indulgence by the parents during the first year of a child's life. Another cause for oral fixation might be that a child had difficulty weaning, which would be a reason for oral fixation.

I think an explanation for overeating could be that the person is depressed. I also feel anxiety will make some people eat. Some other reasons are out of boredom or habit. The last example I think people overeat to stuff their feelings. It becomes an addiction, just like alcohol and drugs. However, it will often comfort a person temporarily when the sadness or pain becomes too much.