

Freud Questions

1. Define the concepts of conscious, preconscious, and unconscious

The conscious, preconscious and unconscious all make up an individual's mental facilities. Sigmund Freud believed that each of these components can also influence other aspects of a person. Starting with the preconscious, it exists under the state of awareness. It is the concept of information that is readily available if needed to recall. Unconscious contains hidden experiences, memories, needs and wishes that an individual would not be aware of. Freud believed that the unconscious is directly responsible for behavior that is expressed. To support this, the idea of instinct which houses gratification and motivation. The conscious is the state of being aware and awake to one's surroundings.

2. Define the concepts of id, ego, and superego and explain the interactions among them.

These concepts were theorized by Freud to explain the major forces of personality. The Id, is the originator and contains the more animalistic instincts such as sex and aggression. It is fueled only by satisfying urges and desires of the individual. The ego acts as the funnel and can channel the energy of the id to a more appropriate and suitable environment. Lastly the superego can be described as the personification of ideals instilled into an individual from a variety of influences, such as family. It can be summarized into two parts: the conscience and ego-ideal, the former created by punishment from parents and the latter by rewards. The superego acts as the mediator between the id and ego. It tries to regulate the raw urges from the Id and it helps the ego identify more suitable goals to aim for.

3. Define the concepts of free association, dream analysis, and transference and explain how they operate in therapy to help strengthen the person's ego.

Free association, dream analysis and transference are techniques Freud used to help understand personalities. Free association required the patient to report everything they thought of, without restrictions and judgment. Freud would observe from afar the patient's unregulated emotions and behaviors. Through this, he theorized that unresolved traumatic experiences from

early childhood are the main causes of their problems. Dream analysis aims to interpret and find any hidden meaning. Due to unconscious suppression, dreams were viewed as an escape to fulfill desires. Transference is the process where patients aim to relieve any problems they had for authority figures. Through this, patients would display a shift in feelings from the authority figures to now the therapist. These feelings would be both positive and negative. All three techniques help to strengthen the ego by removing negative emotions, helping them understand their feelings and develop healthy relationships.