

Jason Ronda

1) In Freudian terms, the conscious refers to everything that we are aware of, whether it be sensations or ideas. Other things included in the conscious mind are feelings, memories, and everything we know about ourselves and our surroundings. Supposedly, the conscious mind does not have a large role when it comes to the development of the personality or function, but it is the surface of personality. For example, we know what is around us, what we are doing at the moment, and what we are listening to.

The preconscious mind is between the conscious mind and the unconscious mind, right under the conscious mind. It is the things we are currently unconscious of, but if we pay attention to it, we become conscious of it. For example: we are probably unaware of what we did for a friend's birthday a year ago, but with a little effort, you might recall the events of that day. Another example is that there's a song stuck in your head, you don't remember most of it except a small snippet, after a bit of effort, there's a chance the entire thing will come to you.

Far different from the rest is the unconscious mind. The unconscious mind is deep below the surface of the awareness, it consists of thoughts, experiences, primitive feelings, and memories that we don't even know are there. Supposedly, everything in the unconscious mind can cause us anxiety, fear, and even pain, so much so that we pushed it down to the point we are no longer aware of it, but it doesn't disappear, it still influences us subtly. According to Freud, the unconscious has a lot more influence over our personality than we'd like to admit. Our behavior is supposedly linked to the unconscious mind, it expresses itself in ways we don't particularly understand sometimes. While we like to think that we are fully in control of our behavior, sometimes it's the unconscious mind that has control over our behavior. For example,

times that the unconscious mind might have control would be like having a phobia of a certain thing, but you don't even know why you're so afraid of it.

2) The id can be described as a baser part of our personality, at least the most primitive part. The id is the part of us that wants us to go wild, to have fun, to go crazy. Supposedly, the id runs on our unconscious sexual and aggressive urges, our impulses, our desires to do things that we normally would not want to do. Freud claimed the id followed the pleasure principle, a kind of hedonistic tendency, always wanting to be fulfilled, be full of pleasure, while also being absent of pain. For example, the id would show itself when we want to do something bad, like stealing a candy bar because we want it.

The superego, in contrast, is the moral compass of our personality. The superego wants us to follow the rules of society and withhold our base urges. This part of us is internalized by society, our teachers, parents, and our environment. We learn how to behave according to societal convention and by what is expected of us. A major part of the superego is the conscience, a sensation of guilt or shame when we disobey the rules and values of society, that is a form of self punishment. The other part of the superego is the ego-ideal. The ego ideal is basically the opposite of the conscience, whenever we live up to the rules and values of society, we give ourselves a rewarding sensation, a feeling of pride. The superego is the opposite of the id, wanting to suppress those base urges at all costs. If the id would suggest something like stealing a candy bar, the superego would try to suppress that notion because stealing goes against society's rules and values.

The ego lies in the middle of the superego and the id. The ego tries to mediate between the id and superego by trying to relieve the base urges of the id in a realistic way that doesn't

bother the superego. It wants to satisfy the id, by giving it an appropriate outlet for its urges. Going back to the stealing example, where the id wants us to steal a candy bar, the superego doesn't want us to steal a candy bar, the ego would try to resolve the id's impulses by suggesting maybe they purchase the candy bar instead.

6) Free association is an assessment technique developed by Freud, it involves the patient to speak whatever comes to their mind, completely uncensored whether it be memories, thoughts they've had, or anything they think about themselves. Freud believed that all thoughts had a purpose, and wanted his patients to speak their mind about it now matter how small they believed it to be, having any negative or positive emotions behind it, or how nonsensical it could have been. Freud believed this was one of the main parts of psychoanalysis. He also positioned himself in a way where he could fully observe his patient, but not be able to see him; he did this so that he wouldn't influence them with his presence, so they wouldn't feel judged with what they had to say, and they were still freely speaking whatever came to their mind, spontaneously. Once he noticed there was resistance coming from the patient, he figured he found something important, he found out that their problems usually were the result of traumatic experiences.

Dream analysis was another one of Freud's techniques. Freud believed that dreams had latent content, a hidden meaning that needed to be uncovered. Freud believed that content that was in the dream was symbolic of something, he had his own dictionary of what things supposedly meant in dreams, but the fact that some symbols had multiple meanings made things difficult. Dreams, according to Freud, were not only wish fulfillment, but they were parts of our unconscious trying to express itself.

The last of Freud's therapeutic techniques was transference. His patients had to relive their past traumas, frustrations, and conflicts of their past with him. Those traumas and such were usually from their parents. Basically, his patients had to pretend that he was the source of their older conflicts and had to confront him instead, displacing their positive and negative emotions of their parents onto him. What typically happened first was a feeling of positive transference, where they put their positive emotions onto him first. What happened after that was negative transference, where his patients were hostile and angry towards him. After that, he told things that he observed, how their negative emotions weren't about their present situation as therapist and patient, but as they were playing out their negative emotions from their past. This gave his patients insight and clarity about their problems, and thus, helped them make progress.

With free association, the ego was satisfied by finally letting go of whatever thoughts and impulses came to mind, those of which some at least came from the id, allowing them to be expressed. With dream analysis, the ego satisfied the id by also expressing thoughts repressed by the superego, in a way that didn't bother the superego. With transference, the ego satisfied the id by finally letting the id go all out on a perceived authority figure who was symbolic of their authority figures that traumatized or conflicted with the patient.