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Psychology of Personality

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Freud Essay Questions and Responses

1. In psychology, conscious, preconscious, and unconscious are terms used to describe different levels of awareness and processing of information in an individual's mind. The conscious mind refers to the awareness of one's thoughts, feelings, and sensations at any given moment. Information that is consciously attended to is the focus of our awareness and is readily available for use. The preconscious mind contains information that is not currently in the focus of our awareness but can be retrieved relatively easily. This information is stored in the mind just below the level of conscious awareness. The unconscious mind contains information that is not currently in the focus of our awareness and cannot be easily retrieved. This information is stored in the mind outside of our conscious awareness and can include repressed memories, automatic processes, and unconscious motivations and desires.
2. The id, ego, and superego are three parts of Sigmund Freud's theory of personality, which is a branch of psychology. The unconscious portion of the mind known as the id stands in for our primal instincts and drives, including those related to hunger, thirst, and sexual desire. The id pursues quick fulfillment of our goals and urges according to the pleasure principle. The logical and reasoning portion of the mind known as the ego mediates between the id's desires and reality's limitations. The ego functions according to the reality principle, weighing our impulses

and desires against the needs of the outer world. The moral element of the mind known as the superego accounts for our internalized morals and beliefs. As our conscience, the superego urges us to act in ways that are compatible with our sense of what is good and wrong. The conflict between the id, ego, and superego can be seen as an effort to exert control over our actions and choices. The superego stands in for our internalized ideals and beliefs, while the id stands for our unconscious impulses and the ego serves as a mediator between them and reality. The ego should be able to strike a balance between the needs of the id and superego, ensuring that we act in ways that are both rewarding and acceptable to others. However, conflict and psychological suffering can result if the id, ego, or superego takes control and overpower the other two.

6. In psychology, the unconscious mind is accessed using the free association method. With this method, the subject is urged to express any ideas, sentiments, or visuals that come to mind without limitation. Free association is used to reveal suppressed emotions and thoughts and to obtain an understanding of unconscious motives and desires. Individuals can develop their egos by learning more about themselves and how they behave through gaining access to unconscious thoughts. Another method employed in psychology to gain access to the unconscious mind is dream analysis. In this approach, the subject is urged to discuss their dreams and attempt to find any links they may have with the objects or situations they saw. Finding underlying tensions and desires that may be affecting a person's behavior is the goal of dream analysis. The person can get insight into their unconscious motivations and actions and develop their ego by exploring their unconscious content in dreams. In psychology, a phenomenon known as transference occurs when a patient unintentionally projects feelings and attitudes they have toward people in their lives that they care about onto the analyst. The goal of using transference in therapy is to assist

the patient in understanding and resolving any unconscious conflicts and feelings they may have with other people. Transference can be resolved by helping the person understand themselves and their actions, which can bolster their ego.