

PSY 441

### Question 1

Analytical psychology entails focusing on balancing opposing forces within one's personality and the significance of the collective unconscious. It is a process of working to balance opposing forces of the conscious and unconscious thoughts and experiences existing in the personality. This continuous work is a learning process with the intent of becoming aware of unconscious elements which is then fused into consciousness. Jung and Freud have a history of working together but due to their difference in theory, they split because of their differences in thoughts on the development of the unconscious mind. Freud felt that the unconscious was inherited from past experiences that were collected. On the other hand, Jung felt that Freud's theory was incomplete, he felt that the collective unconscious comprise knowledge and imagery accumulated. This innate information is shared via ancestral experience. Although we as humans are not aware of this information, it emerges from the collective unconscious whenever a crisis arises.

## Question 2

Archetypes are universal inborn intersections of human behavior and personality that play a vital role in influencing human behavior. There are patterns that lodge in our collective unconscious across our cultures and societies.

The persona- allows us to adapt to the world around us, this adjustment helps us fit in with the society in which we reside. The persona represents the various social masks we wear in different groups and situations.

The shadow- this archetype represents all the things that are unacceptable to both our society and our personal morals and values. Our chaotic, wild, and dark side are part of the shadow.

Anima/Animus- the anima represents the feminine images that exist in the male psyche, and the animus is a masculine image existing in the female psyche.

The self represents the unified unconsciousness and consciousness of an individual. The creation process of the self requires both the conscious and unconscious.

#### Question 4

Self-realization is the end product of the individuation process, which is geared toward the establishment of stability in one's personality. Individuation is a critical process that is evident during the adolescent stage. This development process is lifelong continuous and uncomfortable in that it requires us as humans to be able to embrace the areas of ourselves that contradict the mental image, we uphold of ourselves. One of the benefits of the individuation process is that it shapes our identity as a person, which makes it easier for us to develop healthy relationships with others. The presence of difficulty or anything of in the nature of the trouble, provides the fertile premise for individuation, meaning it is a critical point in a person's life. This life experience provides us with an opportunity in which we are introduced to areas in our lives that we knew not. The next stage in this process requires the ability to face the aspect of the personality as a part of the self. In an effort to establish a cohesive sense of self, the individual must be able to accept the unacceptable image of self. Fusing the conscious and unconscious provides us with a more precise definition of our individuality. Since this process is continuous, our sense of who we are we are individuals will grow as new experiences present themselves.

