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PSY 441

Maret

Unit 2: Jung

5. Extraversion and introversion are the two primary traits in Jung's typology.

Extraversion is defined as extroverted, forthright, and accepting characteristics that adjust smoothly and make connections quickly. Extroverts are highly optimistic, outgoing, vivacious, and effortlessly versatile. Jobs requiring much interpersonal communication may suit people with extroverted attitudes. People with this behavior tend to be initiative, confident, chatty, amiable, cheery, and involved. Also, people with this behavior are willing to help when asked. Contrarily, introversion is being cautious, thinking, aggressive, and hiding from criticism. People with introverted personalities typically concentrate more on their emotions, thinking, and mood. Quieter, more reserved, and analytical are typical traits of introverts. Introverted people need to be more self-aware, appreciate isolation, have smaller social circles, and obtain jobs that demand individuality.

Factors, or ways in which people interact with the world, were proposed by Jung: sensing, thinking, feeling, and intuiting. Sensing is the initial, direct encounter with a phenomenon that occurs without the use of thought or feeling. From here, thinking continues to help us comprehend events by applying logic and rationality. It explains the significance of sensed happenings. Consistency allows us to categorize events into positive, negative, and un/allowable categories. Last but not least, when operating in the mode of intuition, we depend

on instincts anytime we must cope with unusual circumstances for which there is no verifiable evidence.

6. I prefer solitude, which is why I am an introvert. I always like to spend time alone and think in my room. Instead of going out, I would rather stay in my room. I enjoy reflecting on life in general when I'm by myself. I tend to be quiet. I enjoy listening to other people talk. I prefer to listen than talk. Additionally, I feel more at ease concentrating on my thoughts and ideas than on what is happening around me. However, that doesn't indicate I don't enjoy going out. The time I spend with my small group of friends is enjoyable. I'm either slow to decide or unsure when it comes to decisions. I also worked alone rather than with my classmates in high school. I complete my work more quickly and have more time to read, write, or complete other classwork.

I concur with Jung that I must fully develop both fundamental attitudes to be psychologically healthy because it will make my life easier. Because criticism is a negative trait of introverts, they tend to hide from it. Thanks to criticism, people gain new perspectives on things they may have neglected or never thought about. Criticism and feedback can foster growth and provide a chance for progress. People mistakenly believe that only extroverted people can be leaders in a professional setting. Leaders can be those with both personality types. People must learn how to collaborate and work independently in the workforce. Both social interaction and independent achievement are crucial. That is something that many employers watch out for. In terms of communication, engaging in conversation is beneficial, but awareness is just as essential. To fully comprehend them, it is crucial to observe and read them as well. It's critical to pay attention. You need to know what the issue is to be resolved. When it comes to emotions, introverted people often bury their thoughts and feelings. Emotional self-control is a challenge

for introverts. Even though it may be uncomfortable, asking for help from others is crucial because it could benefit them.

8. According to Jung, dreams are uncontrollable and unplanned outbursts of silenced information originating in the individual and collective unconscious. Their explicit material, nevertheless, is rarely a covert effort to satisfy aggressive or sexual needs. Dreams instead offer dreamers a way to advance their growth helpfully and try to resolve existing issues and problems.

In addition to dream analysis, Jung used a research method known as the word association test, in which he gave patients a list of different stimuli phrases and asked them to reply with any words that came to mind. To identify potential opposition and internal conflict areas, Jung tracked the time between the stimulus's first and final response.

Based on Freud's therapeutic technique, symptom analysis sheds light on the symptoms that the patient has described and makes an effort to analyze the patient's free associations with those symptoms. In his view, the therapeutic process has four key stages: confession, elucidation, education, and transformation (Ryckman 77). Confession is a necessary first step in the healing process because it forces the individual to acknowledge their limitations to another. The person also becomes aware of their universal ties to humankind, in that all men and women possess specific weaknesses. Transference, or dependence on the clinician due to the cathartic process, occurs. In understanding this transference, the patient brings to the surface exact unconscious contents that the therapist clarifies; this is elucidation. During this stage, the person learns the origins of their problems. In the third stage, education, the person incorporates insights into their personality to adapt to the social environment. The patient combines the realizations into their character during the third stage of education to fit into the social environment. Last but not least,

transformation happens when the evolving interaction between the therapist and the client results in intriguing adjustments that go above environmental adaptation and more on self-realization.