Jason Ronda

2.   An archetype is a theme or representation that all cultures have seen at some point. According to Jung, these archetypes have a universal aspect to them, supposedly because they are also considered collective memories, and they seem to have patterns that all people from all cultures seem to be familiar with, thus they're also derived from the collective unconscious, as they are psychic/cognitive structures that are shared by everyone. In an analogy by one of Jung's students: just like how the body has organs, the mind has these structures, they also work without one's conscious awareness, and are essential for healthy living.

        A prominent archetype by Jung is the persona. Persona, which is the latin term for mask, is our outward presentation to the world, which also hides, it is something of a role we play. The persona also changes between how we present ourselves to each other and our circumstances. Part of the reason we wear these masks is to meet the expectations of others, and conform, it also protects our ego from certain discomforts, and helps us deal with other people. Unfortunately, it also comes with some downsides. When they are too attached to their personas, they may lose sight of their true selves, as we hide parts of ourselves that we are ashamed of or unconscious of. The persona, while important, is not everything that occurs in personality, it's a part.

        For example: when we are hanging out with our friends in a playground-esque situation, we are very casual and playful with one another. With that same group of people, but when we are in a work situation, while we will still be on friendly terms, we will behave more formally, having a goal that requires proper, strict behavior. Compare that group of friends then to a parent figure, as you would probably hold that parent figure in higher regard, and wouldn't act the same way around them as you do with friends. Compare that relationship with the group of friends

with the relationship of a lover; there would be good relations, but what you say and do around a lover would be vastly different from what you do with your friends. Another instance would be a teacher who presents himself differently between his students and his peers. With his students, he has to be strict and professional, but can be more relaxed and laid back around his peers. If they get too absorbed into one role, then they will lose sight of other parts of themselves.

6.   Respectfully, I would call myself an ambivert, as my tendencies change within the context of the situation and I don't particularly strictly follow the definitions of introvert or extravert. In situations where I find myself confident and comfortable, I am more likely to present extraverted characteristics, but when I am less confident and uncomfortable, I am more likely to present introverted characteristics. When I am in a comfortable state, I am more open and outgoing, I don't mind as much stating what I think, and I am supposedly much more approachable. However, when I'm not comfortable, I take a step back and observe everything around me. I let people say things they want to say and act much more reserved. Supposedly, when I do this, people say that I am harder to approach.

I believe that Jung is actually correct, that not only that we aren't purely introverted or extraverted, we are much more complex than that. I also agree that we need some development for both our extraverted and introverted aspects. I've thought there were somewhat, not dangerous, but destructive aspects for having a purely extraverted or introverted personality. If someone was too extraverted, they may make people feel uncomfortable, or even have their judgements clouded by their impulsivity, despite being outgoing and probably having good intentions. Being too introverted leaves room to hesitate at important moments, acting shy and uncomfortable speaking to others when they have to, or brooding too much. I don't think either of them are healthy when there's too much of it. I think one needs to at least find the

agreeableness, bravery, and other positive qualities of being an extravert, while also finding the introspective, reflecting, and other positive qualities of being an introvert.

8.

Word Association is a technique used by Jung where he presented a client with a word and told them to respond with whatever words came to them. When he was doing this, Jung also recorded how long it would take the client to answer and what their answer was. He believed that the longer it took for the client to respond, the greater chance that it was either important to the psyche or it was an area of conflict. There were five other criteria Jung used when he assumed that there was conflict: When the stimulus word is repeated, maybe as if they didn't heart it; when the stimulus word is mistaken for another word entirely; when the response to the stimulus word was longer than a word; when the client gave a response that has no meaning, such as they made something up on the spot; or if they failed to respond at all. After a break, Jung asked them to recall the words they associated with the stimulus word; if they were incapable of doing so, and said something they didn't say earlier, Jung assumed that there was a conflict hiding relating to the stimulus word.

According to Jung, dreams contain repressed material from the collective and personal unconscious. Jung believed dreams are not always a form of wish fulfillment, but also a way for the psyche to communicate important things to self. Dreams may try to communicate things about yourself that you haven't noticed or don't easily understand because it's a part of your unconscious. Another aspect of dreams is that they may be compensatory in nature. While you may be a failure in real life, your dreams may present you having success, or make a version of you that is lacking in what you perceive to be inadequacies. When dreams reoccur, that means

that the conflict presiding within those dreams has not been adequately resolved; however, if

they do recur, then the conflict symbolized by the dream is still an ongoing problem.