

Autumn Nash

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PSY 441 Jung Essays

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1. Carl Jung was isolated as a child and much of his theory of analytical psychology was based on inner growth. Analytical psychology is a theory that gives insight to human and personality functions by drawing from different disciplines like history, literature, chemistry, biology, astrology, philosophy, and so on (Ryckman, 54). This theory of psychology is actually really difficult to understand and zero-in on as it involves many aspects. Jung focused highly on energy and the forces of the unconsciousness in the inner world, the personality or self, and the consciousness in the outer world. Similar to Freud's psychoanalysis, Jung sees the three aspects of a person in battle to balance out— between what is deep inside one's consciousness and personality, what the outside environment is pressuring one to do, and then what one actually does. He focuses heavily on the energy of the unconscious. He believed we are shaped by our past, present and future experiences, biology, goals, and aspirations. So their theories differ in that Jung did not focus heavily on sex as Freud did. Jung only refers to sex as part of an energy. And Jung focused mainly on the inner world and dug deeper into it than Freud (Ryckman, 60). His analytical psychology was very unique because it focused on conflicts within the psyche and the ways that these affected personalities.

6. Primarily, I am considered an introvert. Introverts are more reflective, observant, and less trusting of other people. They are more hesitant and defensive in opening up and they are more motivated and reset by time alone over time with people (Ryckman, 61). I relate to this in that I

do not trust people easily and I come off as more cold and more interested in hearing other people's lives, over sharing my own life. I've always been very observant and noticed things and made decisions alone without consulting other people's opinions. And then after I've made my decision I will share it with the people that are closest to me. I am not sure my type but I relate the most to the introverted sensing type and the introverted thinking type. Jung says that you need to develop both basic attitudes to the fullest extent possible in order to be psychologically healthy. I agree with this because as much as I am an introvert, I also know that without being around people I can really hurt myself. We all need each other, that is how God created us! So I do think in order to be healthy you must grow both parts. As much as I am an introvert and it is healthy to be alone and reset and reflect, I have learned to work on my communication and my social skills so that I can care for others and others can care for me and I have seen it grow me as a person and mature me as a future professional. I see the benefit of being extroverted in that you make better decisions by asking for advice and assistance from others (Ryckman, 62).

8. Carl Jung had various methods of assessment to further study the inner world and personality of each individual. One of these techniques was Word Association in which Jung theorized that a single word could make someone's mind respond with another word. So when a word is mentioned, the word that comes to mind would tell more about a person's unconscious (Ryckman, 70). And in some instances one word could trigger, strike or remind an individual of a past event that is typically traumatic. Next, I believe symptom analysis was what Jung theorized from the studies of neurosis and psychosis. From studying a person's story, experiences and symptoms one may be having, Jung believed they could be derived from a deeper inner issue or a deeper lesson about who a person is (Ryckman, 67). Whether the signs are repression, lack of reasoning, or even physical symptoms such as collapsing, Jung saw these as being an outward

symbol of something deeper. Typically from observation, a psychologist can suggest counseling, support or help eliminating such symptoms one may be having. Finally, Dream Analysis was an assessment that Jung saw had great value. He believed that dreams are a way for one's psyche trying to communicate with the individual important things (Ryckman, 68-69). Jung theorized that typically, dreams represent one's shadow and come in forms of those we admire or those things we look lowly on. For example, extraverts focus on the obvious facts or environment of the dreams and introverts focus on the meaning or representation that takes place in their dreams (Ryckman, 69).