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PSY 441

Compare and contrast the anima and animus. What is the nature of the relationship between the anima and animus and our cultural sex-role stereotypes?

The anima was thought to be the feminine archetype in men, while the animus was thought to be the masculine archetype in women. The anima and animus can be constructive or destructive, but they serve different functions in men and women. Jung, for example, stated that "when the anima operates positively in man, it serves as his inspiration": "her [anima's] intuitive capacity, often superior to man's, can give him timely warning [presumably about harmful events], and her feelings, always directed towards the personal, can show him ways which his own less personally accepted feeling would never have discovered" (Ryckman, 59). Jung goes into detail about how different amounts of male and female hormones affect the opposite sex.It can be an inspiration in one way or another, but the anima in men is more likely to have acted in a "moody" or "catty" manner. Women, on the other hand, are perceived as exasperating the man during a discussion. When arguing, women's animus reflect negative aspects of reasoning with logic.

Jung observed a patriarchal bias in the anima's negative characteristics. The anima and animus phenomena are reflected in cultural stereotypes of the sexes. Certain characteristics are typically associated with men when viewing the masculine archetype, such as forceful argument, logic, and even reasoning. The feminine archetype represents typical feminine behavior, such as emotionality, moodiness, irrationality, social sensitivity, and so on. The anima in men is no different than the stereotypes women face on a daily basis, such as being labeled as "moody" for demanding what they don't agree with. However, if a man confronts an issue, he is praised as a

respectable man. Why are the associated characteristics of a man and a woman different if they have strong feelings about an issue?

Define analytical psychology and tell how it differs from Freudian psychoanalysis.

Analytical psychology is a theory that emphasizes the importance of wholeness in the mind for each individual. Carl Jung interprets this theory by incorporating materials from mythology, alchemy, astrology, physics, chemistry, and other disciplines. The understanding of one's current circumstances and current circumstances that contain the "seed" for growth and development were central to Jung's theory. He delves deeply into his analysis in order to achieve individuation, which is the attainment of a higher level of consciousness while excluding the full range of interpersonal and cultural experiences. It differs from Freudian psychoanalysis in that he emphasizes the importance of personality development beginning in childhood. The psyche, the unconscious, and the preconscious were divided in Freudian psychoanalysis, whereas Jung divided the ego, the personal unconscious, and the collective unconscious. Jung incorporates the collective unconscious into his concept of the psyche. The disturbances of an individual's life that are found in the personal unconscious are included in Jung's analysis.

Are you primarily an introvert or an extravert? In what ways? Do you agree with Jung that you will need to develop both basic attitudes to the fullest extent possible in order to be psychologically healthy?

Growing up, I realized I'm more of an introvert; when asked a question, I take my time answering because I want my answer to be correct. However, if I'm asked a question about a topic I'm passionate about, I respond more quickly. To some extent, I believe that you must fully develop both basic attitudes because introverts can learn from extroverts. It would be extremely beneficial for introverts to learn how to speak up when necessary, or to think and act quickly. However, being solely an introvert or extrovert should not be viewed as a flaw, but rather as a means of becoming more attentive in a variety of situations. For example, if extroverted people were forced to marry, they would most likely refuse because that is the type of person they are. That is not to say that introverted people would not do the same, but extroverts are more likely to react faster. Learning both fundamental attitudes can influence people's reactions.