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Jung Essay Questions

#6: I am an extravert. I am outgoing. I am interpersonal people smart. I am friendly. I agree that to be psychologically healthy, you must have both attitudes toward being an introvert and an extrovert. A person needs to be able to have a balance of emotions. They need to know to be outgoing and accommodating but also know when to keep to themselves and get their stuff done independently. With both attitudes, they can deal with situations easier. It is so great to be flexible. They will be able to work alone and effectively in teams; this will help in school, work, and at home.

#8: Jung uses the experimental technique of Word Association with patients by giving them a list of stimulus words and asking them what words stood out. Then he records the time and response to each word. Also, if they have trouble with a comment, have them repeat it and continue trying to make an understanding. This will help assess their psyche- total personality. If they cannot complete the test, an underlying conflict needs assistance. Jung utilizes Dream analysis to give his patient in order allow his patients to create a report of their dreams, what causes their goals, do they have any reoccurring dreams, what the meaning is and how this will affect their well-being, also how they can resolve the problems that present themselves in their dreams if they have anxiety, stress or depression. For example, if someone keeps having the same dream, there must be a problem that still needs to be resolved, so it is the job of this analysis test technique to

figure out what is causing this dream to reoccur. Are you having a stressful day or even a stressful week? Are you depressed? Do you have anxiety? What emotions or thoughts cause you to have reoccurring dreams ever they are? What is lacking in terms of your psychological? Well-being? What is the meaning of these dreams? These are the questions you will ask yourself when using the dream analysis technique. Jung believed this dream analysis technique would also help you track your progress toward self-realization to work through your past experiences and future goals. A method that is associated with dream analysis is painting therapy. This technique helps patients shed light on the symbols seen in their dreams and helps them therapeutically through art. This will help them diffuse and relax when they are in conflict because they will see that instead of causing themselves anxiety and stress about their dream express their dream through an art piece, and this will help change their mindset because a dream that was not so great you could turn it into a beautiful masterpiece of a colorful abstract art piece. For example, suppose you have a dream of not knowing what direction you are going in. In that case, you can draw arrows going in different roads/paths in an otherwise colorful order with a person in the middle confused and not knowing where to go. Symptom analysis is a technique to test and includes different questions. Such as What are the causes of this development of symptoms that affect your psychological well-being? Why are they occurring? What is the meaning of these symptoms? How can we assess these symptoms to guide you to a better psychological outcome that will improve your growth? When evaluating the person's symptoms, they can determine what form of therapy benefits the patient and what techniques are.

#2: Archetypes are themes that, throughout history, existed in all cultures. Jung referred to the themes in our textbook: "imagoes(images), primordial images, root images, dominants, and

behavior patterns.” Jung mentions that he disagrees with the theme that “a person’s characteristics are inherited directly.” Instead, he argues that “we inherit pathways that carry a tendency or predisposition to respond to certain experiences in specific ways.” Jung believes the only way a person gets their characteristics is through a pathway that helps our reactions to experiences.