

Carl Jung and Sigmund Freud's Dream Interpretation

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Author Note

First paragraph: Introduction

Second page: Sigmund Freud

Third page: Carl Jung

Fourth paragraph: Compare and contrast of the theorists

Abstract

This paper is about Carl Jung and Sigmund Freud's interpretation of dreams. For so long people wonder what their dreams mean or symbolize. These theorists and others have studied and researched dreams so now people can look up the meaning of their vivid dreams and gain some closure. The two do have a different opinion and viewpoint on dreams. Using various articles, there will be proof about the theorists' thoughts and interpretations of dreams. Sigmund Freud believed that dreams signified a person's deepest desires. Carl Jung also believed that dreams could identify someone's deepest desires but it could also explore the underdeveloped parts of the mind. Both will be explained, compared and contrasted to each other in this essay.

Carl Jung and Sigmund Freud's Dream Interpretation

Dreams can be terrifying but also a pleasant escape from reality. Dreams have been studied and interpreted for thousands of years. In this essay I want to highlight and compare Sigmund Freud and Carl Jung's interpretations of dreams. Sigmund Freud believed that dreams signified a person's deepest desires. Carl Jung also believed that dreams could identify someone's deepest desires but it could also explore the underdeveloped parts of the mind. These two theories are very similar but are obviously different.

Sigmund Freud wrote "The Interpretation of Dreams" in 1899 and his famous book introduced psychoanalytic theory to the world. One of the principles of Freud's psychology is the role of the unconscious mind. He believed that when someone dreams it is a representation of their deep desires. The imagery and pictures that a person experiences can be symbols of their unconscious wishes.

Dream work is something Freud made up to defend his theory. There were four principles: Condensation, Displacement, Symbolization, and Secondary revision. "Condensation: Many different ideas and concepts are represented within a single dream. Information is condensed into a single thought or image. Displacement: This element of dream work disguises the latent content's emotional meaning by confusing the dream's important and insignificant parts. Symbolization: This operation also censors the repressed ideas in the dream by including objects meant to symbolize the latent content of the dream. Secondary revision: During this final stage of the dreaming process, Freud suggested that the bizarre elements of the dream are

reorganized to make the dream comprehensible, thus generating the dream's manifest content.” (Cherry, 2023)

Freud used his own dreams as reference for his theory. He had a lot of vivid dreams and noticed that his patients were affected by their dreams. With his own experience and first hand experience data he was very positive in his belief that dreams are a reflection of our deepest wishes. I think it is the best source of information when it's based on experiences in different people and themselves. It can seem biased or considered cloudy judgment but it's hard to deny someone's thoughts that's based on real people they came in contact with. His book wasn't popular at first but it grew in popularity because of Sigmund Freud's truth he shared with the world.

Carl Jung went in deeper about the interpretation of dreams. He believed that it was more than just repressed desires. He thought that dreams make up the parts of ourselves that aren't as developed when we're awake. Overall dreams explore the underdeveloped mind and reveal the personal and collective unconscious.

There are four archetypes that Jung used to describe the symbolic objects that are in our dreams. Archetypes means inborn models that play a role in influencing human behavior. Like, people, behaviors, and personalities. “Swiss psychiatrist Carl Jung's theory suggested that these archetypes were archaic forms of innate human knowledge passed down from our ancestors.” (Cherry, 2023) The symbols represent the attitudes or emotions that can be repressed by our unconscious mind. The four archetypes are the anima, shadow, animus, and the persona. “The persona represents all of the different social masks that we wear among various groups and situations. It acts to shield the ego from negative images. According to Jung, the persona may appear in dreams and take different forms.” (Cherry, 2023) The persona archetype allows people

to adapt to the world around them but it can also make them lose their true identity. The shadow archetype is a dark symbol that appears in our dreams like a snake or ghost. It represents the things that are not acceptable by our society. "These latent dispositions are present in all of us, Jung believed, although people sometimes deny this element of their own psyche and instead project it on to others." (Cherry, 2023) The anima is the female symbolization in our male psyche and the animus is the male of our female psyche. It can be the true version of ourselves. We have certain gender roles that are placed on us by society so our unconscious mind expresses our deepest personality. "In many cultures, however, men and women are encouraged to adopt traditional and often rigid gender roles. Jung suggested that this discouragement of men exploring their feminine aspects and women exploring their masculine aspects served to undermine psychological development." (Cherry, 2023) Lastly the self archetype is like a circle to Jung. He believes that it represents the unified unconsciousness and consciousness of the person. A disconnect between the two can cause psychological problems. An individuation process is when someone realizes their conflicts and is aware. "The ego makes up the center of consciousness, but it is the self that lies at the center of personality. Personality encompasses not only consciousness but also the ego and the unconscious mind. You can think of this by imagining a circle with a dot right at the center. The entire circle makes up the self, where the small dot in the middle represents the ego." (Cherry, 2023)

Both theorists are similar but have different views. Sigmund Freud believed that our unconscious mind expresses our deepest desires in our dreams. Carl Jung believed that our dreams are deeper than that and our unconscious is the underdeveloped parts of awake selves. They both agree that dreams are separate but have interacting systems- ego, personal unconscious, and collective unconscious. "Like Freud, Jung (1921, 1933) emphasized the

importance of the unconscious in relation to personality. However, he proposed that the unconscious consists of two layers. The first layer called the personal unconscious is essentially the same as Freud's version of the unconscious. The personal unconscious contains temporality, forgotten information and well as repressed memories." (Mcleod, 2023) Their differences are that Jung based his theories on his differences with Freud and Freud based his on his own personal experiences and his patients. According to Jung, nature and purpose of the libido is a generalized source of psychic energy motivating a range of behaviors. To Freud it's a source of psychic energy specific to sexual satisfaction. They both believe that dreams are based on past experiences.

In conclusion, Sigmund Freud and Carl Jung were able to make a difference studying dreams and the mind. Because of them and so many others like Calvin Hall and G. William Domhoff we are able to have a better understanding of our unconscious minds. After a surreal moment asleep, a simple internet search can provide someone some comfort. Though their differences may be picked apart by researchers, it gave people an insight into their unconscious mind. I think that Freud and Jung were great because they made people look inward and get to know themselves on a deeper level.

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