Lecture Series: *Chapter 4*  Neo-Analytic and Ego Aspects of Personality: Identity


**Principal Features**

**Introduction**

Complete the following:

“Although Sigmund Freud believed that people are dominated by their instincts (id), major thinkers working in the Freudian tradition soon recognized and argued for the importance of the feelings of …”

**Question:** What is the neo-analytic approach to the study of personality?

**Carl G. Jung and Selfhood**

Complete the following:

“Carl Jung believed that we are preprogrammed to see and accept certain truths not only because of our own past experiences but also because of the …”
Background to Jung’s Approach

Jung’s Childhood

Complete the following:

“… two themes became prominent in Jung’s childhood beliefs, theses that would later become the basis of his theory of personality.”

“The first was his belief that he was, in fact, two different personalities: he was both …

(1) the child that he …

and

(2) a wise and cultured gentlemen of the …

“The second, and closely related, theme from Jung’s childhood was that the visions and dreams he often experienced were not unimportant coincidences, but instead were …

Beginnings of Jung’s Theory

“… while doing research for a book … Jung read about “soul stones” … and some ancient monumental statue-gods.”

Question: What is the importance of this find for Jung?

Question: Why did Sigmund Freud and Carl Jung, once mutual admirers, pull away from each other and go their separate directions?
Jung's Analytic Psychology

“According to Jungian theory, the mind or psyche is divided into three parts: (1) the conscious ego, (2) the personal unconscious, and (3) the collective unconscious.”

**The Conscious Ego**

“Jung’s ego is quite similar in scope and meaning to Freud’s.”

**The Personal Unconscious**

**Question:** What is the personal unconscious insofar as Carl Jung was concerned?

Example: Personal unconscious.

Complete the following:

“Jung … saw the personal unconscious as containing …

“This grew from the observation that many of his patients experienced dreams that were related to …

“It is not that they “see” the future, but rather they sense things that …” (121-122)
The Personal Unconscious
(Continued)

Question: What is meant by the following statement?

"… the personal unconscious serves to compensate conscious attitudes and ideas.”

The Collective Unconscious

“The third component of the psyche was termed the collective unconscious by Jung.”

“Perhaps the most controversial, it comprises a deeper level of unconsciousness and is made up of powerful emotional symbols called archetypes.”

Question: What are archetypes insofar as Carl Jung was concerned?

Illustrations: Archetypes.

Animus and Anima

Question: What are the animus and anima archetypes insofar as Jung was concerned?
Persona and Shadow

Question: What are the persona and shadow archetypes insofar as Jung was concerned?

Mother

Question: What is the mother archetype insofar as Jung was concerned?

Hero and Demon

Question: What are the hero and demon archetypes insofar as Jung was concerned?

Question: What is meant by the following statement?

"Throughout time people seem to struggle with the same issues over and over."
Complexes

Question: What is a complex insofar as Jung was concerned?

Question: What is meant by the following statement?

"Jung substantiated his claims of the existence of complexes with his word-association test."

Question: What did “opposing forces” have to do with a healthy personality insofar as Jung was concerned?

Functions and Attitudes

“Jung posited four functions of the mind:

(1) sensing
(2) thinking
(3) feeling
(4) intuiting

Complete the following:

“Thinking and feeling were termed rational by Jung because they involve …
“In contrast, sensing and intuition he called irrational because …”

“In addition to these four functions, Jung described two major *attitudes*: extroversion and introversion.”

**Question:** What is the extrovert attitude insofar as Jung was concerned?

**Question:** What is the introvert attitude insofar as Jung was concerned?

“The combination of these two attitudes with four functions yields eight possible personality types.”

**Illustration:** Functions and attitudes.
Alfred Adler, the Inferiority Complex, and the Importance of Society

Adler’s Differences with Freudian Theory

Complete the following:

“One of the central ways in which Adler’s views differed from those of Freud was the emphasis each placed on the origin of motivation.”

“For Freud, the prime motivators were … (127)

“For Adler, human motivations were more …

Adler’s Individual Psychology

Complete the following:

“Adler called his theory Individual Psychology because he firmly believed in the unique …

“Like Jung, he firmly proclaimed the importance of the …

“Another major, and related, difference in their philosophies was that Adler, much more concerned than Freud with …
**Striving for Superiority**

**Question:** What is meant by the following statement?

"For Adler, a central core of personality is the striving for superiority.” (127)

**Question:** What is the **inferiority complex** insofar as Adler was concerned?

**Illustration:** Inferiority complex

**Question:** What was the **superiority complex** insofar as Adler was concerned?

**Illustration:** Superiority complex.
The Evolution of Adler’s Theory

Question: What is organ inferiority insofar as Adler was concerned? (128)

Question: What is the concept of aggression drive insofar as Adler was concerned?

Question: What is the concept of masculine protest insofar as Adler was concerned? (128-129)

Question: What is meant by the following statement?

"A related aspect or concept important to Adler was termed perfection striving. His belief was that people who are not neurotically bound to an inferiority complex spend their lived trying to meet their fictional goals." (129-130)
The Evolution of Adler’s Theory
(Continued)

Example: Fictional goals.

Complete the following:

“Adler was very concerned with individuals’ perceptions of social responsibility and their social understanding. Building on Freud’s attention to love and work, Adler identified three fundamental social issues that he believed everyone must address:

(1) occupational tasks — …

(2) societal tasks — …

(3) love tasks — …

The Role of Birth Order

“By focusing on social structure and making astute observation, Adler came to believe in the importance of birth order in determining personality characteristics.”

Question: How did the role of birth order affect first-born children insofar as Alfred Adler was concerned?
Question: How did the role of birth order affect *second-born children* insofar as Alfred Adler was concerned?

Question: How did the role of birth order affect *last-born children* insofar as Alfred Adler was concerned?

Illustrations: The Role of Birth Order.

*Adler’s Personality Typology*

Question: How did Adler create a typology of personality using the Greek idea of four humors, one of which would be dominant in any individual.
Table 4.3  A Comparison of Adler's Typology with Classical Greek Typology (Page 132)

Karen Horney, Culture, and Feminism

Complete the following:

“Karen Horney’s ideas were in some ways similar to Adler’s. Horney believed, as did Adler, that one of the most important discoveries a child makes is that of his or her own …

“She believed strongly in the importance of …

“And she was much more focused on the …
Rejection of Penis Envy

Question: How did Karen Horney deal with issues related to “masculinity” and “femininity” insofar as psychoanalysis was concerned?

Basic Anxiety

“Horney … replaced Freud’s biological emphasis with the idea of basic anxiety.”

Question: What is basic anxiety insofar as Horney was concerned?

“In reaction to basic anxiety, individuals were hypothesized to settle into one primary mode of adapting to the world.”

Question: What is passive style insofar as Horney was concerned?

Question: What is aggressive style insofar as Horney was concerned?

Question: What is withdrawn style insofar as Horney was concerned?
The Self

Complete the following:

“Neo-analysts focused on identity and sense of self. In analyzing neurotics, Horney described different aspects of self.”

“First, there is the **Real Self**, the …

“… the **Despised Self**, consisting of perceptions of …

“Perhaps most important, Horney identified the **Ideal Self**—what one views as …

“In describing the Ideal Self, Horney referred to what she called the ‘tyranny of the should,’ which is the litany of things we …

“For Horney, the goal of psychoanalysis was not to help someone achieve his or her Ideal Self, but rather to enable the person to …

“Someone who is alienated from his or her Real Self becomes …
Complete the following:

“Horney then proposed a series of strategies used by neurotics to cope with other people.”

“The first of these approaches she referred to as ‘Moving Toward’ people—that is, always attempting to make…

“Horney believed that individuals employing this coping strategy are overidentifying with a …

“Their actions to gain love are attempts, on the other hand, to disguise what they believe to be …

Example:  Moving toward people.

“Horney called the second approach ‘Moving Against’ people—that is, …

“Horney believed that these individuals, instead of overidentifying with the Despised self, are overidentifying with the …
Neurotic Coping Strategies
(Continued)

Complete the following:

“A third approach was called ‘Moving Away’ from people—that is, …” (136)

“Horney believed that these individuals want to overcome the Despised Self, and yet they feel incapable of …

“They see themselves, in their present state, as …

“Thus, to avoid the unpleasant contrast—the gap—between these two aspects of the self, they …

Horney’s Impact on Psychoanalytic Thinking

Question: What was Karen Horney’s impact on psychoanalytic thinking? (136-137)
Horney’s Impact on Psychoanalytic Thinking
(Continued)

Table 4.4  Karen Horney's Ten Neurotic Needs
(Page 132)

Bridges from Freud to More Modern Conceptions

Anna Freud

Complete the following:

“In contrast with her father, Sigmund, who attempted to uncover childhood from the adult patient’s perspective, Ana Freud worked directly with child patients.”

“She adapted psychoanalytic techniques to the special needs of children, as necessitated by their different …”

(138)
**Anna Freud**

(Continued)

“For the next half-century, Anna Freud followed in her father’s footsteps, applying psychoanalytic theory to …

“Although she never strayed far from traditional psychoanalytic thought, she nonetheless began to …

“She brought the ego more clearly into focus with he emphasis on …

**Question:**  What is meant by the following statement?

"She … moved psychoanalytic thinking slightly away from determinism …"

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**Heinz Hartmann**

**Question:** Why was Heinz Hartmann sometimes called the father of ego psychology?
Heinz Hartmann (Continued)

Question: What is meant by the following statement?

"(Heinz Hartmann) had to modify the traditional Freudian concept of the individual as a purely tension-reduction and pleasure-seeking organism."

Object Relations Theories: A Conceptual Link between Self-Identity and Social Identity

Question: What are object relations theories?

Question: What is the one thing that object relations theorists have in common?

Margaret Mahler and Symbiosis

Question: What was Margaret Mahler’s theory of symbiosis?
Question: What were **symbiotic psychotic** children insofar as Margaret Mahler was concerned?

Question: What were **normal symbiotic** children insofar as Margaret Mahler was concerned?

Complete the following:

“… most especially, Mahler added the importance of effective …

**Melanie Klein and the Relational Perspective**

“(Melanie Klein’s) ideas were … shaped by the emerging notions of social interaction and self-identity—the idea of a social self—that form the basis of modern social psychology.”

“Klein was a developer of ‘play therapy,’ in common use today.”

Example: Play therapy.
Melanie Klein and the Relational Perspective (Continued)

Question: What did Melanie Klein have to say about the withdrawal of the mother’s breast after completing nursing?

Heinz Kohut

“(Heinz) Kohut argued that a key problem for many anxious people is the fear of the loss of an important love object (most often the parent).”

Question: What did Heinz Kohut have to say about narcissistic personality disorder?

Example: Narcissistic personality disorder.

Question: What is meant by the following statement?

"As part of (the client’s) treatment the therapist will utilize idealizing transference …"
The Contributions of Object Relations Approaches

Question: What are meant by the following statements?

“Object relations approaches … foreshadowed the cognitive approaches to personality.”

“These theorists … began the shift toward viewing the ego as a much more independent entity than Freud …”

“(Object relations theorists) took Freudian theory and developed it so that it could deal with emerging insights into what it means to have a social self …”

Erik Erikson, Life Span Identity, and Identity Crises

Erikson’s Life Path

“Erikson … developed his own theory about personality development from a life span perspective.”

Table 4.5 Erik Erikson's Stage Theory

(Page 132)
Erik Erikson, Life Span Identity, and Identity Crises
(Continued)

Identity Formation and Ego Crises

Complete the following:

“According to Freud, identity was fixed in childhood—formed by age five or six. (145) Erikson renounced this notion, arguing that identity formation is a …

Question: What was the difference between European and American notions of personality that influenced Erik Erikson and are reflected in his stage theory of development?

Question: What is the essence of Erik Erikson’s stage theory of development?

Trust versus Mistrust

Question: What is the essence of ego crisis during this stage of development insofar as Erik Erikson was concerned?
Autonomy versus Shame and Doubt

Question: What is the essence of ego crisis during this stage of development insofar as Erik Erikson was concerned? (145-146)

Initiative versus Guilt

Question: What is the essence of ego crisis during this stage of development insofar as Erik Erikson was concerned? (146)

Industry versus Inferiority

Question: What is the essence of ego crisis during this stage of development insofar as Erik Erikson was concerned?

Identity versus Role Confusion

Question: What is the essence of ego crisis during this stage of development insofar as Erik Erikson was concerned? (147)
Identity versus Role Confusion
(Continued)

Illustrations: Identity versus Role Confusion.

Question: What is an identity crisis insofar as Erik Erikson was concerned?

Intimacy versus Isolation

Question: What is the essence of ego crisis during this stage of development insofar as Erik Erikson was concerned?

Example: Intimacy versus Isolation.
Generativity versus Stagnation

Question: What is the essence of ego crisis during this stage of development insofar as Erik Erikson was concerned?

Example: Generativity versus stagnation.

Ego Integrity versus Despair

Question: What is the essence of ego crisis during this stage of development insofar as Erik Erikson was concerned?

Resolving the Ego Crises

Question: What is meant by the following statement?

“… Erikson emphasized a balanced outcome as optimal for each of these eight ego crises …”
Resolving the Ego Crises
(Continued)

“Erikson … emphasized the importance of society.”

(149)

Some Modern Approaches to Identity

Personal and Social Identity

“Jonathan Cheek … posits that some people might best be defined by the personal view and others by the social view.”

Illustrations: Personal and social identity.

(150)

Self-Monitoring

“Mark Snyder’s concept of self-monitoring … involves self-observation and self-control guided by situational cues to the social appropriateness of behavior.”

Illustrations: Self-monitoring.

(152)
Self-Monitoring
(Continued)

Question: What is meant by the following statement?

“Snyder and other modern theorists are thus turning to a functionalist approach or explaining personality.”  

Example: Functionalist approach for explaining personality.

The Role of Goals and Life Tasks

“A related way that modern researchers are helping to define identity functionally is by asking people what their personal goals are —what they find important.”

“Brian Little uses the phrase ‘personal projects’ to refer to goals or activities that people are currently working on.”

Illustrations: Personal projects.
The Role of Goals and Life Tasks

(Continued)

“Robert Emmons describes more abstract goals as ‘personal strivings’ that may be satisfied by a number of different behaviors.”

Examples: Personal strivings.

“Psychologist Nancy Cantor, a leading modern-day identity theorist, focuses on what she calls ‘life tasks.’ These are age-determined issues on which people are currently concentrating.”

Examples: Life tasks.

Question: What is meant by the following statement?

“… most modern researchers in personality … (emphasize) the importance of situational factors on the individual.”

Positive Selves and the Search for a Meaningful Life

Question: What is meant by the following statement?

“… much of human preoccupation with ‘finding oneself’ is really a disguised search for a meaningful life.”

(154)
Positive Selves and the Search for a Meaningful Life
(Continued)

Complete the following:

“To (Roy) Baumeister, self (or meaning) might best be defined by our abilities … (154)

(1) to find …

(2) to make …

(3) to justify …

and

(4) to feel …

“These modern theorists, without exception, argue that individual’s continue to grow psychologically after childhood and that …

Summary and Conclusion

Complete the following:

“Although Sigmund Freud placed the ego between the struggles that pitted the id against the superego, he was more fascinated with the … (156)

“Many of Freud’s successors took up the cause of the ego, as they recognized that it was an …

“Carl Jung was interested in the …
Summary and Conclusion
(Continued)

“In particular, he was interested in beliefs that we all …” (156)

“He developed conceptions of the …

“Another Jungian contribution—the concept of complexes—has been…

“Finally, Jung described personality as being comprised of …. 

“Alfred Adler focused attention of the …

“Adler’s is an individual psychology at focused on the …

“He believed that many personality problems could be avoided by using ..

“(Adler) is perhaps best known as someone who firmly believed in the …

“Karen Horney changed the way that psychoanalytic theory viewed…
Summary and Conclusion
(Continued)

“She emphasized the social … (156)

“She also modified Freudian biological determinism with her concept of …

“Thus, she moved psychoanalytic thought away from its predominately …

“Erik Erikson demonstrated that important …

“Instead of viewing adulthood primarily as a reaction to childhood experiences, he saw it as a …

“At each stage a certain ego crisis …

“… modern identity theorists … focus on the unique personal and situational demands facing each individual in the …
Summary and Conclusion
(Continued)

“Modern identity theorists often take a functional approach to personality; that is, they look at …

“Some researchers believe that day-to-day goals have the most …

“But all of these researchers agree that it is useful to look at these building blocks of identity …