

CHAPTER 8

THE PSYCHOANALYTIC PERSPECTIVE

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CHAPTER SUMMARY

Freud's topographical model assumes three regions of mind: the conscious, the preconscious (ordinary memory), and the unconscious (a part of mind that isn't accessible to consciousness). The *unconscious* holds threatening or unacceptable ideas and urges.

Freud's structural model assumes three facets of personality. The *id* (the original part) is the source of all energy. It follows the *pleasure principle* (that all needs should be immediately gratified), exists only in the unconscious, and uses *primary-process* thinking (primitive and separate from reality). The *ego* eventually develops because the *id* ignores the demands of the external world, and those demands cannot adaptively be ignored. *Ego* follows the *reality principle* (that behavior must take into account external reality), operates in all three regions of the mind, and tries to see that *id* impulses are gratified in a realistic way. The *ego* uses *secondary-process* (reality-based) thought. The third facet, *superego*, is a representation of rules by which parents reward and punish the child. It has two parts: *ego ideal* is standards of moral perfection; *conscience* is a representation of behaviors that are considered bad. Both function in all three regions of the mind. Once the *superego* develops, the *ego* must mediate among *id*, *superego*, and reality.

Id impulses form two categories: *life instincts* aim for self-preservation and sexual pleasure; *death instincts* are self-destructive and may turn outward as aggression. Evidence of a death instinct may exist in cell biology, in the form of *apoptosis*. *Catharsis* is the emotional release resulting from the release of an impulse.

Anxiety is a warning signal to the *ego*. *Reality anxiety* is fear of a threat in the world. *Neurotic anxiety* is fear that *id* impulses will get out of control and get you in trouble. *Moral anxiety* is fear of violating the *superego's* moral code. The *ego* deals with anxiety (and sometimes prevents it from arising) by employing *defense mechanisms*.

The basic defense is *repression*—forcing *id* impulses and other threatening material out of consciousness. *Denial* is a refusal to acknowledge the reality of something that lies outside the mind. Other defenses, which typically act along with repression, are *projection* (attributing an unacceptable impulse to someone else), *rationalization* (developing an acceptable but incorrect explanation for your action), *intellectualization* (separating your thoughts from your feelings and allowing the thoughts but not the feelings to be in awareness), *displacement* (shifting an impulse from one target to another, usually a safer one), and *sublimation* (transforming an unacceptable impulse to an acceptable one).

Freud argued that child development proceeds through *psychosexual stages* and that adult personality is influenced by how crises are resolved at each stage. In the *oral stage*, sexuality centers on the mouth, and the crisis involves being weaned. In the *anal stage*, sexuality centers on the anus, and the crisis involves toilet training. In the *phallic stage*, sexuality centers on the genitals, and the crisis experienced there (which results in *Oedipal* and *Electra complexes*) involves lust for the opposite-sex parent and fear of and rivalry with the same-sex parent. The *latency period* is a calm interval with no serious conflict. The *genital period* is maturity, in which genital sexuality shifts from selfish narcissism to mutual sharing.

The psychoanalytic orientation holds that the unconscious is the key to personality. Freud believed that the unconscious reveals itself in many ways in day-to-day life. *Parapraxes* are acts of forgetting and slips of the tongue and pen that occur when unconscious desires cause you to act in a way other than as you consciously intend. The unconscious is also revealed in dreams, which have *manifest content* (what's in the dream) and *latent content* (the determinants of the dream, many of which are unconscious).

The unconscious can also be revealed more formally, through *projective assessment techniques* such as the Rorschach inkblot test. Projective techniques allow the person's unconscious to release symbolic versions of threatening material while describing ambiguous stimuli. The Rorschach is controversial, in that its reliability and validity have not been well supported by research evidence.

In the psychoanalytic view, behavioral problems may derive from fixations (unresolved conflicts during psychosexual development), from a general repression of *libido*, or from repressed traumas. An important aspect of psychoanalytic therapy is *free association*, saying whatever comes to mind without censoring it in any way. This approach typically produces an incomplete matrix of symbolic meanings from which other elements can be inferred.

People in therapy often display *resistance*, which implies that the ego is trying to defend itself against something the therapy is starting to touch on. Often the person in therapy displays *transference*, displacing onto the therapist unacceptable feelings that actually pertain to someone else. The goal of the therapy is *insight*, an emotional experiencing of previously unconscious parts of personality.

Research on the effectiveness of psychoanalytic therapy has produced mixed results. Even in the absence of strong support for the usefulness of psychoanalytic therapy, many people continue to undertake it because they believe it provides benefits that are not adequately assessed by the measures used in outcome research.

KEY TERMS

Anal stage: The second stage of development, centered around issues in toilet training.

Anxiety: A feeling warning the ego that something bad is about to happen.

Apoptosis: Biologically programmed cell death.

Castration anxiety: A boy's fear (during the phallic stage) that his father will perceive him as a rival and castrate him.

Catharsis: The release of emotional tension.

Conscience: The part of the superego that punishes violations of moral standards.

Conscious: The part of the mind that holds what one is currently aware of.

Current concerns: Preoccupations in one's current waking life.

Death instincts (Thanatos): Self-destructive instincts, often turned outward as aggression.

Defense mechanism: An ego-protective strategy to hide threats from yourself and thereby reduce anxiety.

Denial: A refusal to believe that some real condition exists.

Displacement: The shifting of an impulse from its original target to a different one.

Ego: The rational part of the personality that deals pragmatically with reality.

Ego ideal: The part of the superego that represents perfection and rewards for good behavior.

Ego strength: The ability of the ego to function despite competing demands of id, superego, and reality.

Erogenous zone: A sexually responsive area of the body.

Fixation: The condition of being partly stuck in a stage of psychosexual development.

Free association: A therapy procedure of saying without hesitation whatever comes to mind.

Genital stage: The final stage of development, characterized by mature and mutual sexual involvement with another.

Id: The original, primitive component of personality, the source of all energy.

Identification: Developing feelings of similarity to, and connectedness with, another person.

Insight: An emotional reexperiencing of earlier conflicts in one's life that occurs during therapy.

Intellectualization: The process of thinking about something clinically and without emotion.

Introjection: Absorbing the values of one's parents into one's superego.

Latency period: The period in which the crises of the phallic stage give way to a temporary calm.

Latent content: The underlying sources of symbolic dream images.

Libido: The collective energy of the life instincts.

Life instincts or sexual instincts (Eros): Survival and sexual instincts.

Manifest content: The images that make up the dream experience as it is recalled.

Moral anxiety: The fear of behaving in conflict with the superego's moral code.

Neurotic anxiety: The fear that your id impulses will get out of control and get you into trouble.

Oedipus complex: The mix of desire for the opposite-sex parent and fear of or hatred for the other parent.

Oral stage: The first stage of psychosexual development, in which oral needs create a crisis over weaning.

Parapraxis: A slip of the tongue, behavior, or memory.

Penis envy: A girl's envy of males, from feelings of having been castrated.

Phallic stage: The third stage of development, in which a crisis occurs over sexual desire for the opposite-sex parent.

Pleasure principle: The idea that impulses should be gratified immediately.

Preconscious: The region of the mind that corresponds to ordinary memory.

Primary process: The id process that creates an unconscious image of a desired object.

Projection: Ascribing a threatening urge or quality in yourself to someone else.

Projective techniques: An assessment in which you project from the unconscious onto ambiguous stimuli.

Rationalization: Finding a plausible but incorrect explanation for an unacceptable action or event.

Reality anxiety: The fear caused by real danger in the world.

Reality principle: The idea that actions must take into account the constraints of external reality.

Reality testing: The ego's checking to see whether plans will work before they are put into action.

Regression: A return to a mode of coping from an earlier developmental stage.

Repression: The process of preventing an idea or impulse from becoming conscious.

Resistance: An attempt to avoid becoming conscious of threatening material in therapy.

Rorschach inkblot test: A projective test that uses inkblots as ambiguous stimuli.

Secondary process: The ego process of rationally seeking an object to satisfy a desire.

Structural model: Freud's model of three components of personality.

Sublimation: Alteration of an id impulse into a socially acceptable act.

Superego: The component of personality that seeks moral perfection.

Topographical model: Freud's model of three regions, or areas, of the mind.

Transference: The displacement onto your therapist of feelings that are tied to an object of conflict.

Unconscious: The region of the mind that's not accessible to consciousness.

Wish fulfillment: The creation of an unconscious image of a desired object.

TEST ITEMS

Multiple Choice

- (b/168) 1. Psychoanalytic theory is most strongly associated with the work of:
- Helmholtz.
 - Freud.
 - Adler.
 - Cattell.
- (a/168) 2. A central theme underlying psychoanalysis (and which gives rise to the name of the theory) is that personality:
- is a set of processes always in motion.
 - processes always work together.
 - reflects the fact that humans are not like other animals.
 - all of the above
- (a/169) 3. According to Freud the mind consists of _____ regions.
- three
 - four
 - six
 - two
- (a/169) 4. What components are included in Freud's topographical model of the mind?
- conscious, preconscious, and unconscious
 - primary process and secondary process
 - id, ego, and superego
 - Thanatos and libido
- (d/169) 5. Which of the following is true about the preconscious?
- It encompasses all inherited, instinctive aspects of personality.
 - It is not directly accessible to awareness.
 - It is the repository for unacceptable feelings and urges.
 - It is the part of the mind representing ordinary memory.
- (c/169) 6. According to Freud, unacceptable urges, feelings, and ideas reside in the:
- conscious.
 - preconscious.
 - unconscious.
 - libido.

- (b/170) 7. In Freud's "iceberg" analogy, the _____ represents the tip of the iceberg.
- a. libido
 - b. conscious
 - c. unconscious
 - d. ego
- (c/170) 8. According to Freud, the _____ is where the core operations of personality take place.
- a. conscious
 - b. preconscious
 - c. unconscious
 - d. libido
- (b/170 Box8.1) 9. Research on delay of gratification has found that delay can be enhanced if the:
- a. desired object is placed in front of the child.
 - b. child engages in distraction techniques.
 - c. child is punished for touching the desired object.
 - d. child focuses on the desired reward.
- (d/170 Box8.1) 10. An ability to delay gratification has been correlated with:
- a. certain aspects of intelligence.
 - b. concern for achievement.
 - c. concern for social responsibility.
 - d. all of the above
- (c/170 Box8.1) 11. Inability to delay gratification has been correlated with:
- a. concern about achievement.
 - b. greater satisfaction of urges.
 - c. use of marijuana in high school students.
 - d. all of the above
- (c/170 Box8.1) 12. _____ plays a role in the development of criminal behavior.
- a. Failure to successfully reach the genital stage of development
 - b. Failure to resolve the Oedipal complex
 - c. Inability to delay gratification
 - d. Conflict between the pleasure and reality principles

- (c/170
Box8.1) 13. According to research on delay of gratification in children, it is related to _____ in boys and _____ in girls.
- a. ability to control emotional impulses, ability to concentrate
 - b. ability to concentrate, ability to control emotional impulses
 - c. ability to concentrate, intelligence
 - d. resourcefulness, intelligence
- (d/170) 14. Which of the following is not one of the three elements of Freud's structural model?
- a. libido
 - b. unconscious
 - c. alter-ego
 - d. all of the above
- (a/171) 15. The idea that the purpose of life is the immediate satisfaction of one's needs is known as the:
- a. pleasure principle.
 - b. reality principle.
 - c. gratification principle.
 - d. none of the above
- (a/171) 16. Wish fulfillment is a product of:
- a. the primary process.
 - b. the ego.
 - c. reflex actions.
 - d. the superego.
- (c/171) 17. The purpose of the ego is to ensure that:
- a. tension is reduced immediately.
 - b. parental and societal values are followed.
 - c. instinctual drives are expressed appropriately.
 - d. all of the above
- (b/171) 18. According to Freud, the id operates by _____, while the ego operates by _____.
- a. secondary process, primary process
 - b. primary process, secondary process
 - c. reality, secondary process
 - d. pleasure, primary process

- (b/171) 19. The ego's attempt to find a match between the image of a tension-reducing object and a real perception of that object is known as:
- a. primary process.
 - b. secondary process.
 - c. ego search.
 - d. none of the above
- (b/171) 20. This part of the mind is thought to have an "executive" role in personality.
- a. id
 - b. ego
 - c. superego
 - d. preconscious
- (c/172) 21. The superego is:
- a. essentially unconcerned with morality.
 - b. the first structural component of the mind to develop.
 - c. the embodiment of parental and societal values.
 - d. a narcissistic personality disorder.
- (b/172) 22. The process of absorbing societal/parental values is called:
- a. sublimation.
 - b. introjection.
 - c. introspection.
 - d. projection.
- (d/172) 23. The functions of the superego include:
- a. inhibiting id impulses.
 - b. compelling the ego to act morally.
 - c. guiding one toward absolute perfection.
 - d. all of the above
- (b/173
Box8.2) 24. According to Bettelheim, Freud purposely did not correct English translations of his work because:
- a. he thought Americans were too unsophisticated to fully appreciate his ideas.
 - b. he opposed the U.S. medical establishment's intent to medicalize psychoanalysis.
 - c. he was confident his ideas would be understood correctly after his death.
 - d. all of the above

- (c/173
Box8.2) 25. According to Bruno Bettelheim, Freud reacted to American misunderstandings of his work by:
- a. trying unsuccessfully to correct them.
 - b. trying successfully to correct them.
 - c. ignoring them.
 - d. repressing the urge to correct them.
- (c/173) 26. The ability to effectively handle the demands of the id, the superego, and external reality is known as:
- a. delaying gratification.
 - b. ego ideal.
 - c. ego strength.
 - d. sublimation.
- (d/174) 27. According to Freud, the best personality is one that is dominated by the:
- a. ego.
 - b. id.
 - c. super-ego.
 - d. none of the above
- (a/174) 28. Drives:
- a. are a combination of biological need and psychological representation.
 - b. operate intermittently.
 - c. become weaker when we prevent their expression.
 - d. all of the above
- (a/174) 29. Freud used the term _____ to refer to the psychic energy of the life instincts.
- a. libido
 - b. hedonistic power
 - c. Thanatos
 - d. none of the above
- (c/174) 30. The term *Thanatos* refers to:
- a. sexual instincts.
 - b. life instincts.
 - c. death instincts.
 - d. pain avoidance instincts.

- (c/174) 31. *Apoptosis* refers to:
- a. the reversing of an anticathexis.
 - b. displacement involving inanimate objects.
 - c. gene-directed suicide.
 - d. none of the above
- (b/175) 32. The release of emotional tension is known as:
- a. displacement.
 - b. catharsis.
 - c. sublimation.
 - d. introjection.
- (b/177) 33. The process of preventing an idea or impulse from becoming conscious is known as:
- a. catharsis.
 - b. repression.
 - c. cathexis.
 - d. displacement.
- (b/178) 34. Which defense mechanism works by ascribing one's own undesirable qualities to others?
- a. denial.
 - b. projection.
 - c. sublimation.
 - d. rationalization.
- (a/179) 35. Which of the following is an example of displacement?
- a. A person who fails an exam yells at a roommate upon arriving at home.
 - b. A person diagnosed with cancer refuses to believe the diagnosis.
 - c. A person with aggressive sexual fantasies volunteers at a rape crisis center.
 - d. A person who cheated on an exam justifies it by saying that everyone else cheats.
- (b/180) 36. The shifting of energy from a socially unacceptable action to a socially acceptable action is known as:
- a. displacement.
 - b. sublimation.
 - c. cathexis.
 - d. suppression.

- (a/180) 37. According to Freud, which defense mechanism reflects maturity?
- a. sublimation
 - b. displacement
 - c. altruism
 - d. anticathexis
- (b/181) 38. According to Freud, each sexual drive is associated with a(n):
- a. particular forbidden behavior.
 - b. erogenous zone.
 - c. life instinct.
 - d. oral fixation.
- (b/181) 39. According to Freud, adult personality is primarily determined by:
- a. experiences in adulthood.
 - b. experiences in childhood.
 - c. innate differences.
 - d. difficulties of self-worth.
- (c/181) 40. Permanently investing an excessive amount of libido in a particular stage of psychosexual development is called:
- a. regression.
 - b. repression.
 - c. fixation.
 - d. retroaction.
- (a/182) 41. Optimism, trust, and dependency are associated with which psychosexual stage?
- a. oral incorporative stage
 - b. oral sadistic stage
 - c. anal retentive stage
 - d. anal expulsive stage
- (a/182) 42. Which of the following is NOT true about people who score high in oral imagery?
- a. They are reluctant to volunteer for interpersonal tasks.
 - b. They rely on others' judgments in ambiguous tasks.
 - c. They use more physical contact during social interactions.
 - d. They have greater physiological reactivity to social isolation.

- (b/182) 43. Orality is thought to be related to:
- a. less self-disclosure.
 - b. need to nurture others.
 - c. reluctance to volunteer for interpersonal tasks.
 - d. all of the above
- (d/183) 44. The desire on the part of boys to possess their mothers and replace their fathers is termed:
- a. Oedipal displacement.
 - b. repressive sublimation.
 - c. the Electra complex.
 - d. the Oedipus complex.
- (b/184 -185) 45. Penis envy is the counterpart of:
- a. repression.
 - b. castration anxiety.
 - c. anitcathexis.
 - d. ego-ideal.
 - e. anal fixation.
- (d/185) 46. Among men, fixations that develop during the phallic stage may result in:
- a. seducing as many women as possible.
 - b. career failure.
 - c. fathering many children.
 - d. all of the above
- (a/185) 47. The latency period is characterized by:
- a. a period of relative calm.
 - b. narcissistic sexual attachments.
 - c. battles over toilet training.
 - d. none of the above
- (b/185) 48. Puberty begins during which psychosexual stage?
- a. genital stage
 - b. latency period
 - c. phallic stage
 - d. none of the above

- (c/185) 49. Successful negotiation of the genital stage is marked by:
- guilt-free autoeroticism.
 - the ability to use one's own narcissism in a constructive way.
 - the ability to share with others, and to be concerned with their welfare.
 - none of the above
- (b/186) 50. Mental errors that reflect unconscious desires are called:
- concealers.
 - parapraxes.
 - displacers.
 - anapraxes.
- (d/188) 51. Freud believed that latent dream content derives from:
- nocturnal sensory stimulation.
 - current concerns of waking life.
 - repressed id impulses.
 - all of the above
- (a/188) 52. All projective tests:
- involve stimuli for which there are no prescribed ways to respond.
 - involve the construction of stories.
 - require the choice of a preferred stimulus.
 - rely on objective scoring methods.
- (b/189) 53. When analyzing the Rorschach, examiners are concerned with all of the following aspects of response EXCEPT:
- location.
 - length.
 - determinants.
 - content.
- (b/190) 54. In Freud's view, unconscious material emerges through free association in a:
- literal form.
 - symbolic form.
 - repressed form.
 - sexual form.

- (d/191) 55. Resistance:
- can occur both consciously and unconsciously.
 - is the struggle against becoming aware of repressed impulses.
 - is often a sign that a person is close to revealing something important.
 - all of the above
- (d/191) 56. According to psychoanalytic therapy, _____ is a set of displacements.
- reaction formation
 - behavior change
 - resistance
 - transference
- (d/192) 57. Which of the following statements may be made about psychoanalytic therapy?
- It is brief and applicable to all types of psychological dysfunction.
 - Freud was exceptionally optimistic about its use.
 - Eysenck proved it was more effective than no therapy at all.
 - It is difficult to establish its efficacy because of the subjective nature of its goals.
- (c/193-194) 58. Which of the following is NOT a valid criticism of psychoanalytic theory?
- The theory of defense mechanisms is so flexible that it can be reconciled with any finding.
 - It is difficult to know when to read Freud literally vs. metaphorically.
 - It fails to mix inference with fact.
 - Many of Freud's concepts are unmeasurable.

True and False

- (F/168) 1. Freud is considered the father of personality psychology because his theory is more accurate than other perspectives.
- (T/168) 2. A central theme of psychoanalysis is that personality is multiple processes that are always in motion.
- (T/168) 3. Many found Freud's emphasis on sexuality shocking at the time of his writings.
- (F/168) 4. Metaphor is unimportant in the psychodynamic perspective.
- (T/168) 5. Freud viewed human behavior as highly symbolic.
- (F/169) 6. Freud felt that the unconscious mind was also responsible for ordinary memory.
- (T/169) 7. According to the topographical model of the mind, the unconscious is not directly accessible to awareness.
- (T/169) 8. Elements in the preconscious can be brought to awareness easily.
- (F/170) 9. According to Freud's "iceberg" metaphor, the unconscious is the tip of the iceberg.
- (T/170) 10. Delay of gratification in children is enhanced if they engage in distraction techniques. Box8.1)
- (T/170) 11. In boys, delay of gratification is related to ability to control emotional impulses; in

Box.8.1) girls, it is related to resourcefulness.

(F/170) 12. Freud's structural model posits four aspects of personality.

(T/170) 13. The id is present at birth.

(F/171) 14. The id operates according to the reality principle.

(T/171) 15. The id satisfies needs through the primary process.

(F/171) 16. The ego exists in a world of its own, with no rules beyond the pleasure principle.

(T/171) 17. The ego functions through secondary process.

(T/171) 18. One function of the ego is to delay discharge of the id's tension.

(F/171) 19. The ego is described as having a subordinate role in Freud's structural model.

(T/172) 20. The superego is the embodiment of parental and societal values.

(F/172) 21. The ego ideal is the aspect of the superego that punishes bad behavior.

(T/172) 22. The aspect of the superego that punishes behavior is the conscience.

(F/172) 23. The ego operates at all three levels of consciousness, while the superego operates at the
preconscious and unconscious levels.

(F/173) 24. Freud deliberately chose terms that would have no pre-existing meaning for
Box8.2) people so that he could define them without the influence of prior associations.

(T/174) 25. In the psychoanalytic view, conflicts between the id, ego, and superego are an intrinsic
part of life.

(F/174) 26. According to Freud, the healthiest personality is one in which the ego is stronger than
either id or superego.

(T/174) 27. A drive has two interrelated elements: a biological need and its psychological
representation.

(F/174) 28. According to Freud's "hydraulic model," trying to prevent a drive from being expressed
weakens that drive.

(T/174) 29. The energy of the life instincts is known as libido.

(T/174) 30. Freud referred to the death instinct as *Thanatos*.

(T/174) 31. Freud's idea of *Thanatos*, or a death instinct, is echoed by the concept of apoptosis in
biology.

(F/175) 32. The concept of catharsis suggests that once a person aggresses he or she should be
more likely to aggress again in the near future.

(T/175) 33. Actual retaliation produces a cathartic effect but symbolic retaliation does not

(F/175) 34. Neurotic anxiety arises from a real danger in the world.

- (F/175) 35. Reality anxiety reflects a fear that unconscious id impulses will get out of control and result in punishment.
- (T/177) 36. Repression is the central defense mechanism in Freud's theory.
- (F/178) 37. Denial deals with threats from within whereas repression deals with threats from without.
- (F/178) 38. Kicking one's dog because one is angry at a romantic partner would be an example of projection.
- (T/179) 39. Intellectualization allows one to think about threatening things without the feelings that would normally be associated with them.
- (T/180) 40. The shift from a socially unacceptable to a socially acceptable form of action is known as sublimation.
- (F/180) 41. Freud felt that sublimation reflects a lack of maturity.
- (T/181) 42. According to Freud, children have conflict at three psychosexual stages.
- (T/182) 43. Freud thought that traits such as optimism and pessimism develop in the oral incorporative phase.
- (F/182) 44. People characterized by a lot of oral imagery are somewhat reluctant to volunteer for interpersonal tasks.
- (T/182) 45. Orality is associated with a greater degree of self-disclosure.
- (F/182) 46. Those high in oral imagery tend to avoid physical contact during social interaction.
- (T/182) 47. The second stage of psychosexual development is the anal stage.
- (T/183) 48. Anal expulsive traits include hostility, cruelty, and stinginess.
- (T/183) 49. The anal retentive personality consists of a rigid, obsessive-compulsive style of interacting with the world.
- (F/183) 50. According to Freud, boys' desire to possess their mothers is known as the Electra complex.
- (F/184) 51. According to Freud, castration anxiety causes young boys to identify with their mothers.
- (T/185) 52. Penis envy is the female counterpart of castration anxiety in boys.
- (T/185) 53. Men fixated in the phallic stage may seduce many women to demonstrate that they haven't been castrated.
- (T/185) 54. During the latency period sexual and aggressive drives become less active.
- (F/185) 55. Sexual desires become more narcissistic during the genital stage.
- (T/186) 56. Freud believed that memory lapses and slips of speech reflect a person's true desires.
- (F/186) 57. A "Freudian slip" is not an example of a parapraxis.

- (T/187) 58. According to Freud, dreams have two types of content: manifest and latent.
- (F/187) 59. Manifest content refers to the unconscious thoughts and feelings behind a dream.
- (T/188) 60. Projective tests are a formal means of assessing unconscious processes.
- (T/188) 61. Projective tests rely on the defense mechanism of projection.
- (F/189) 62. All of the images used in the Rorschach inkblot test are asymmetrical.
- (T/189) 63. Some data have indicated that the Rorschach is better at identifying depression than the MMPI-2.
- (T/190) 64. The energy lost if a person is engaged in frequent repression is a source of psychological problems according to psychoanalytic theory.
- (F/191 Box8.5) 65. In the short term, disclosing trauma seems to relieve distress but, in the long term, tends to lead to health problems.
- (F/191) 66. In therapy, resistance can be unconscious but not conscious.
- (T/192) 67. The goal of psychoanalytic therapy is insight.
- (T/192) 68. Because the goal of psychoanalysis is insight, it is difficult to interpret findings that this type of therapy does not work.
- (T/192) 69. Freud has been criticized for defining concepts ambiguously.
- (F/193) 70. In reading Freud it is clear when his work ought to be taken metaphorically and when it ought to be taken literally.
- (F/193) 71. It is generally regarded as a strength of Freud's theory of defense mechanisms that it is flexible enough to accommodate most findings.
- (T/194) 72. One reason that psychoanalysis has enjoyed enduring popularity is that the ideas have an intuitive appeal.

Short Essay

(170) 1. Briefly describe Freud's comparison of the mind to an iceberg.

The tip of the iceberg is consciousness. The larger portion, below the water, is outside awareness. Part of the submerged portion that can be seen from the surface is the preconscious; however, the vast majority of it is the unconscious. Material can pass easily from the conscious to the preconscious and back again; material from both can slip into the unconscious. Truly unconscious material, however, cannot be brought voluntarily to awareness because of psychological forces that act to keep it hidden.

(171) 2. Briefly describe the difference between the pleasure principle and the reality principle.

The id conforms to the pleasure principle: The idea that all needs should be satisfied immediately. It does not restrict in any way how needs are to be gratified; just specifies that needs should be met immediately. The ego conforms to the reality principle: The idea that behavior must take into account the state of the external world, rather than just internal needs and urges. Reality principle introduces rationality into behavior, i.e., if the risks of a course of action seem too high, you will find another way to meet the need. If that is not possible, you will delay gratification to a later, safer, more sensible time.

(172) 3. Describe the three major goals of the superego.

First, the superego tries to inhibit completely any id impulse that would be frowned on by society. Second, it tries to motivate the ego to act morally rather than rationally. Third, it tries to guide the person toward absolute perfection in thought, word, and deed.

(175-176) 4. Identify and describe the three types of anxiety identified by Freud.

(1) REALITY ANXIETY: Fear arising from a threat or danger in the real world; the most basic form of anxiety because it is rooted in objective reality. To deal with reality anxiety, avoid or escape from the situation provoking the feeling.

(2) NEUROTIC ANXIETY: Fear that id impulses will get out of control and lead you to do something that will result in punishment. Not a fear of id impulses per se; rather, a fear of the punishment that may result from expressing them. Because you cannot escape from your id, neurotic anxiety is harder to deal with than reality anxiety.

(3) MORAL ANXIETY: Fear experienced when you have violated (or are about to violate) an introjected moral code. Moral anxiety is fear of conscience that is part of the superego; it is experienced as shame or guilt. The source of moral anxiety is internal, the workings of your conscience. Because you cannot escape from your conscience, it is also difficult to deal with moral anxiety.

(177) 5. What two characteristics do all defense mechanisms share?

All defense mechanisms: (1) Can operate unconsciously; (2) distort, transform or falsify reality in one way or another.

- (177-180) 6. Identify three defense mechanisms and briefly describe how they operate.

Among the possibilities, (1) Repression: Process of keeping things out of consciousness; (2) Denial: Refusal to believe a threatening event exists or took place; reconstrual of the meaning of the event, so the threat is gone; (3) Projection: Ascribing your own unacceptable impulses, wishes and desires to someone else; (4) Rationalization: Finding a rational explanation (or excuse) for a behavior that was really done for unacceptable reasons; (5) Intellectualization: Tendency to think about threats in cold, analytical and detached terms; (6) Displacement: Shifting an impulse from one target to another; (7) Sublimation: Transforming the id impulse.

- (180) 7. Explain how sublimation is related to displacement.

Displacement is any change in how energy is used or a change in the object toward which it is used. *Sublimation* also allows impulses to be expressed, but it does so in a way that transforms unacceptable impulses into socially acceptable ones.

- (181) 8. Define *fixation* and identify two reasons that it occurs.

According to Freud, a child confronts a conflict at each of the first three psychosexual stages. If conflict is not well resolved, an excessive amount of libido becomes permanently fixed in that stage, a process called *fixation*. Less energy is then available for conflicts at later stages. Occurs for two reasons: (1) A person who is overly indulged in a stage may be reluctant to leave and move on; (2) a person whose needs are deeply frustrated cannot move on completely until needs are met.

- (182-183) 9. Explain the difference between the *anal expulsive* and the *anal retentive* personality. Explain how these personalities emerge during the anal stage.

ANAL EXPULSIVE: Tends to be messy, cruel, destructive, and overtly hostile.

ANAL RETENTIVE: Person who is stingy, obstinate, and orderly or cleanly.

Either pattern may emerge when the child is punished and ridiculed for failures at toilet training. If the child rebels, he or she will be anal expulsive. If the child attempts to get even by withholding feces and urine, he or she will be anal retentive.

- (183-185) 10. Briefly describe how girls and boys resolve the conflict of the phallic stage (i.e., the Oedipus and Electra complex, respectively). Then describe some of the implications of successfully resolving this conflict.

Boys resolve the Oedipus complex by identifying with their fathers. This serves several functions. First, it gives boys a protective collaboration with their fathers. Second, by identifying with desirable aspects of their fathers, boys reduce their ambivalence toward them. Thus, identification paves the way for the development of the superego. Finally, by identifying with their fathers, boys gain symbolic access to their mothers. Girls resolve the conflict of the phallic stage by identifying with their mothers. According to Freud, by identifying with their mothers, girls gain vicarious access to their fathers and increase the chance that they'll marry someone just like him.

- (185) 11. How does the quality of sexual gratification differ in the genital stage from previous stages?

Earlier attachments were narcissistic (child was interested only in her/his own sexual pleasure); other people were of interest only if they furthered child's own pleasure. In the genital stage, a desire to share mutual sexual gratification with someone else develops, and the individual becomes capable of loving others, not only for selfish reasons, but also for altruistic reasons.

TEST YOURSELF 8-1

Source: Barron, F. (1953). An ego-strength scale which predicts response to psychotherapy. *Journal of Consulting Psychology*, **17**, 327-333.

Description of Scale: This article presents Barron's (1953) Ego-Strength Scale. Students respond to various items in a true/false format. Sample items include "I seldom worry about my health," and "At times I have fits of laughing and crying that I cannot control." High scores on this scale indicate that one is a person with a great deal of ego strength. As indicated in text (Chapter 8, pages 173-174), the ego's ability to function effectively is often pushed to the limit, as the ego is caught among the demands of the id, superego, and external reality. High scores imply that one's ego is effectively handling these demands.

What kinds of people are high in ego strength? According to Barron (1953), people high in ego strength possess a number of positive characteristics, including physical stability and good health, a strong sense of reality, feelings of personal adequacy and vitality, permissive morality, lack of ethnic prejudice, a conventional orientation toward religion, emotional outgoingness and spontaneity, and intelligence. Items in the scale were designed to tap into one of these eight categories of ego functions.

Subsequent research using the Ego-Strength Scale has shown this individual difference variable to have a number of interesting correlates. For example, persons with a high degree of ego strength are less likely to exhibit signs of psychopathology and are less likely to attempt suicide than are persons whose ego strength is lower. People with high levels of ego strength adapt better to life-threatening illnesses, are more likely to believe that events are under their control, and are less conforming than are those with less ego strength. Finally, there is at least some evidence that persons with high levels of ego strength are more likely to improve over the course of therapy than are those with less ego strength, although the data are not wholly consistent on this matter.

Taken together, these findings paint a relatively consistent picture of the person with greater ego strength as someone who possesses a general feeling of self-adequacy and self-sufficiency and as someone who exhibits a high degree of success in managing day-to-day affairs.

PRIMARY SOURCES

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