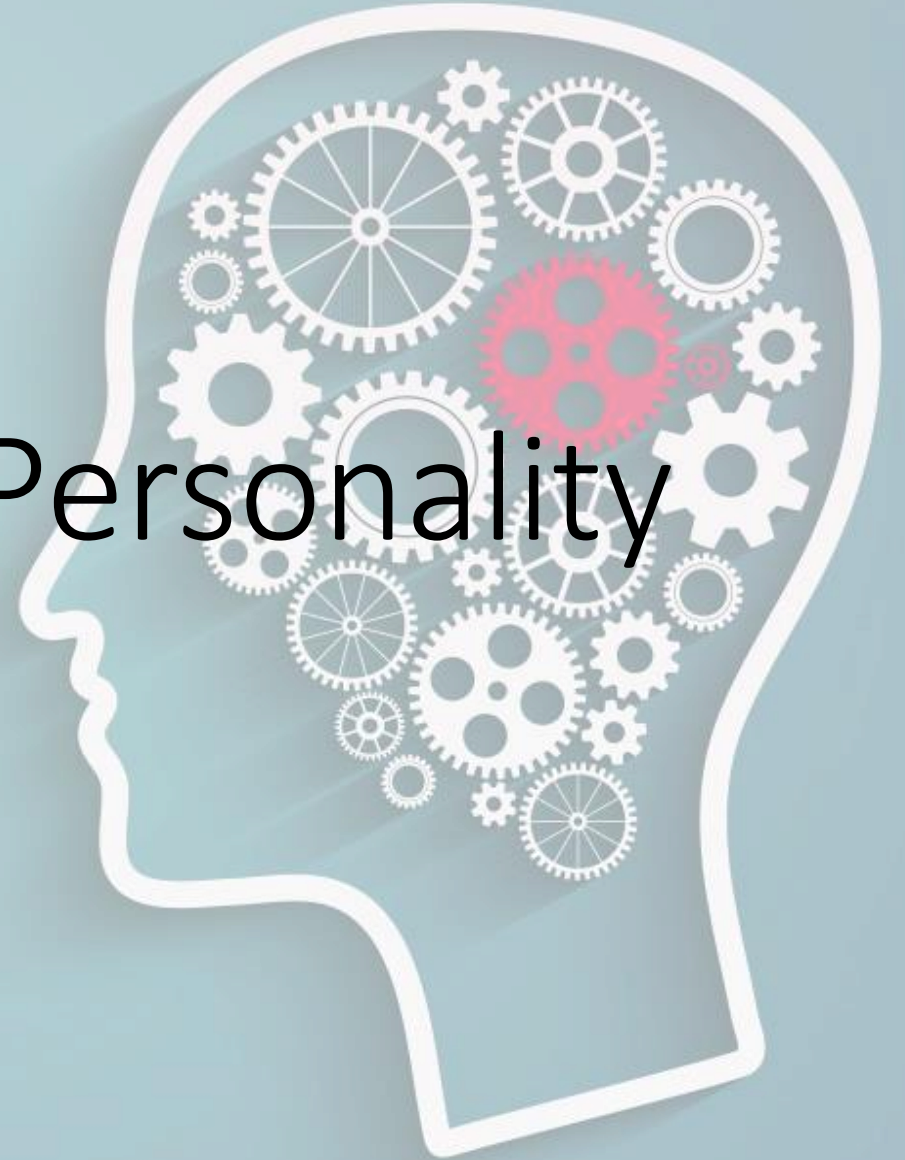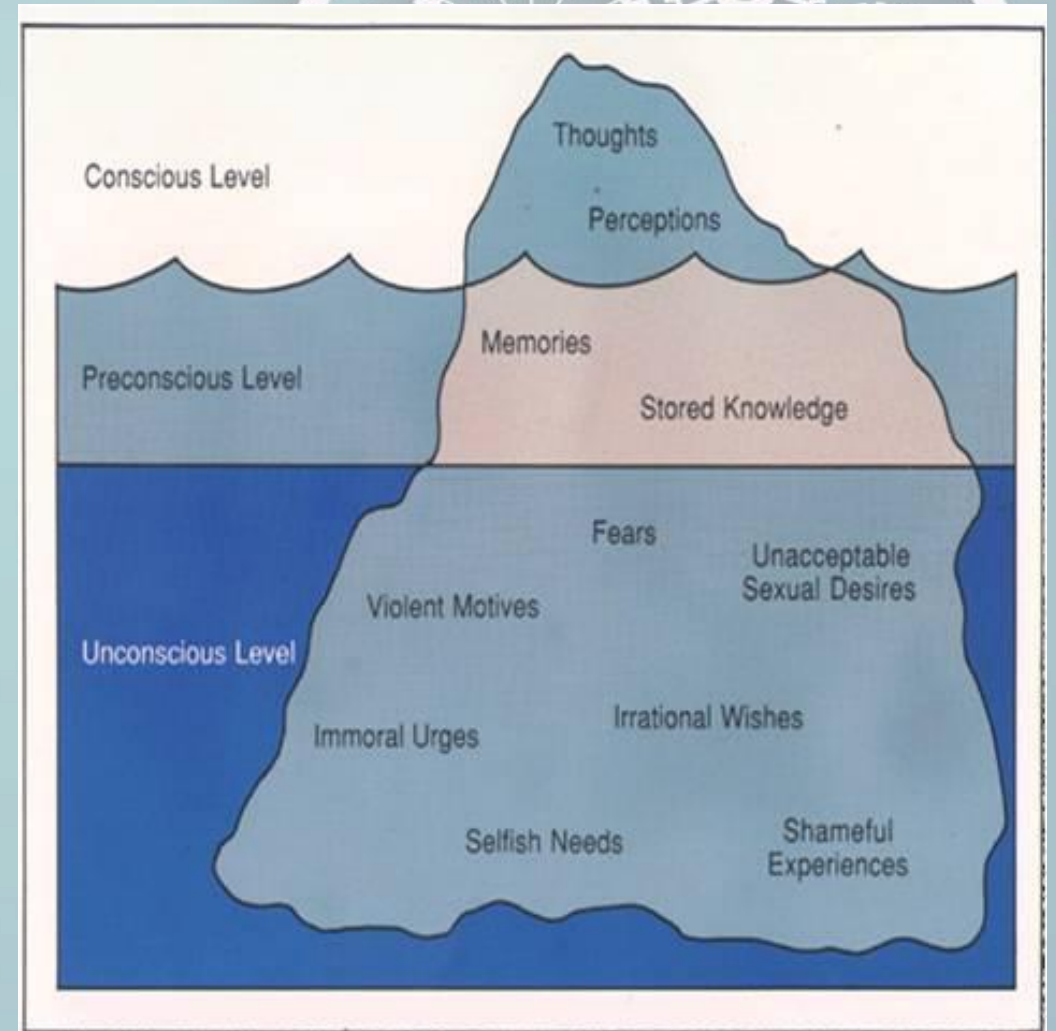# Freud's Theory of Personality

Depths of Consciousness

- Theories proposed by Sigmund Freud in 1923 about human personality
  - Divided based on consciousness into Id, Ego, and Superego
- Conscious- things we are aware of.
- Preconscious- things we can be aware of if we think of them.
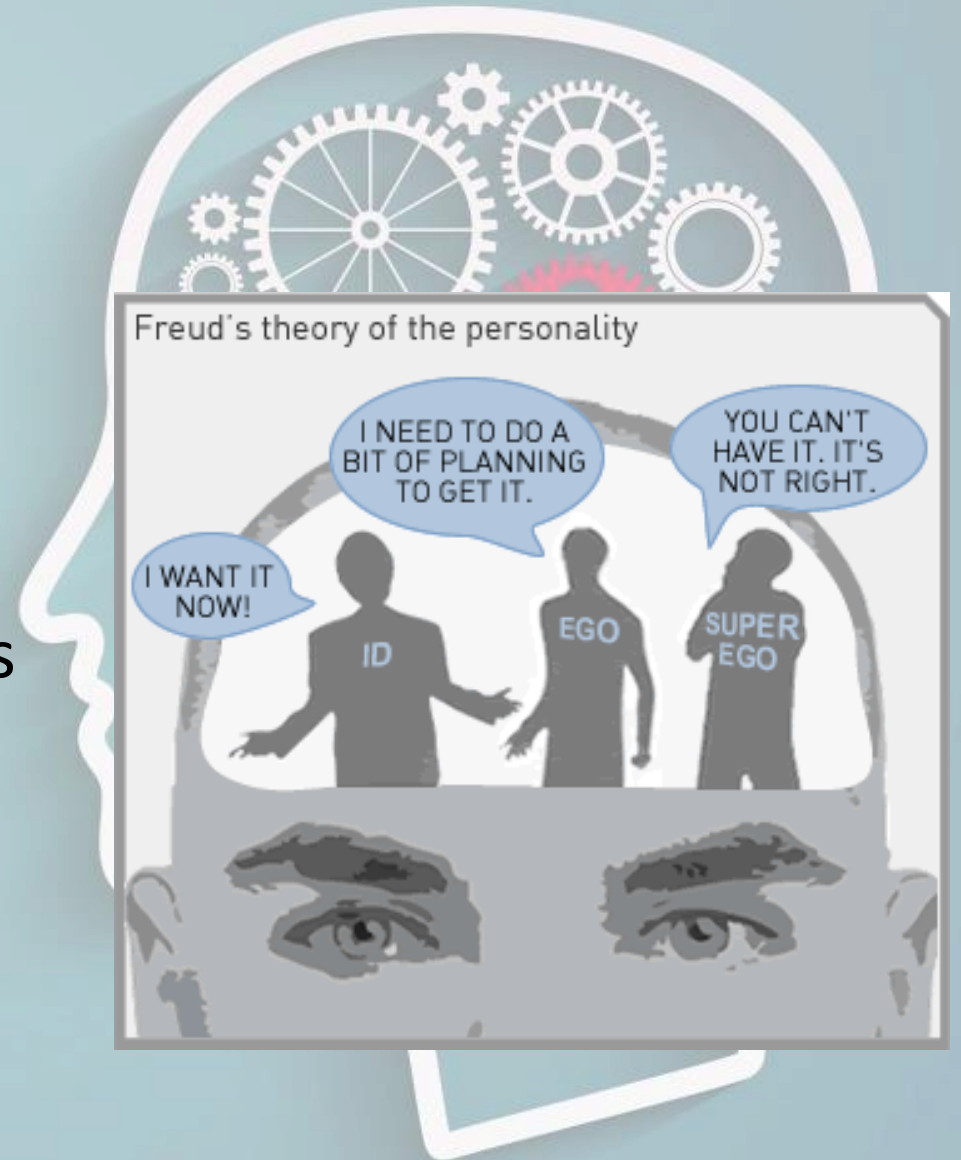- Unconscious- deep hidden reservoir that holds the true "us". All of our desires and fears.

Human Personality: The Id

- Exists entirely in the unconscious so we are never aware of it
  - Our hidden true animalistic wants and desires.
- Works on the Pleasure Principle
  - Avoid Pain and receive Instant Gratification.

Human Personality: The Ego

- Develops after the Id

- Works on the Reality Principle
  - Negotiates between the Id and the environment

- It is the negotiation between our conscious and unconscious minds
  - It is what everyone sees as our personality
  - Constantly battling the desires of the Id with the help of the Super Ego

Freud's theory of the personality

I WANT IT NOW!

I NEED TO DO A BIT OF PLANNING TO GET IT.

YOU CAN'T HAVE IT. IT'S NOT RIGHT.

ID

EGO

SUPER EGO

Human Personality: The Super Ego

- It is our ideas of what we think the difference is between right and wrong
  - Often called out conscience
- The Ego often mediates between the superego and id
- Out Id and Super Egos are constantly battling with each other
  - Our Ego is what we actually reveal

The Working of the Consciousness

- Super Ego and Ego work to protect you from threatening thoughts in our unconscious
  - Ex. Form the morality that tells you it is wrong to steal
- One way it protects us is through defense mechanisms
  - Thoughts and ideas that prevent harmful thoughts
- You are usually unaware that they are even occurring
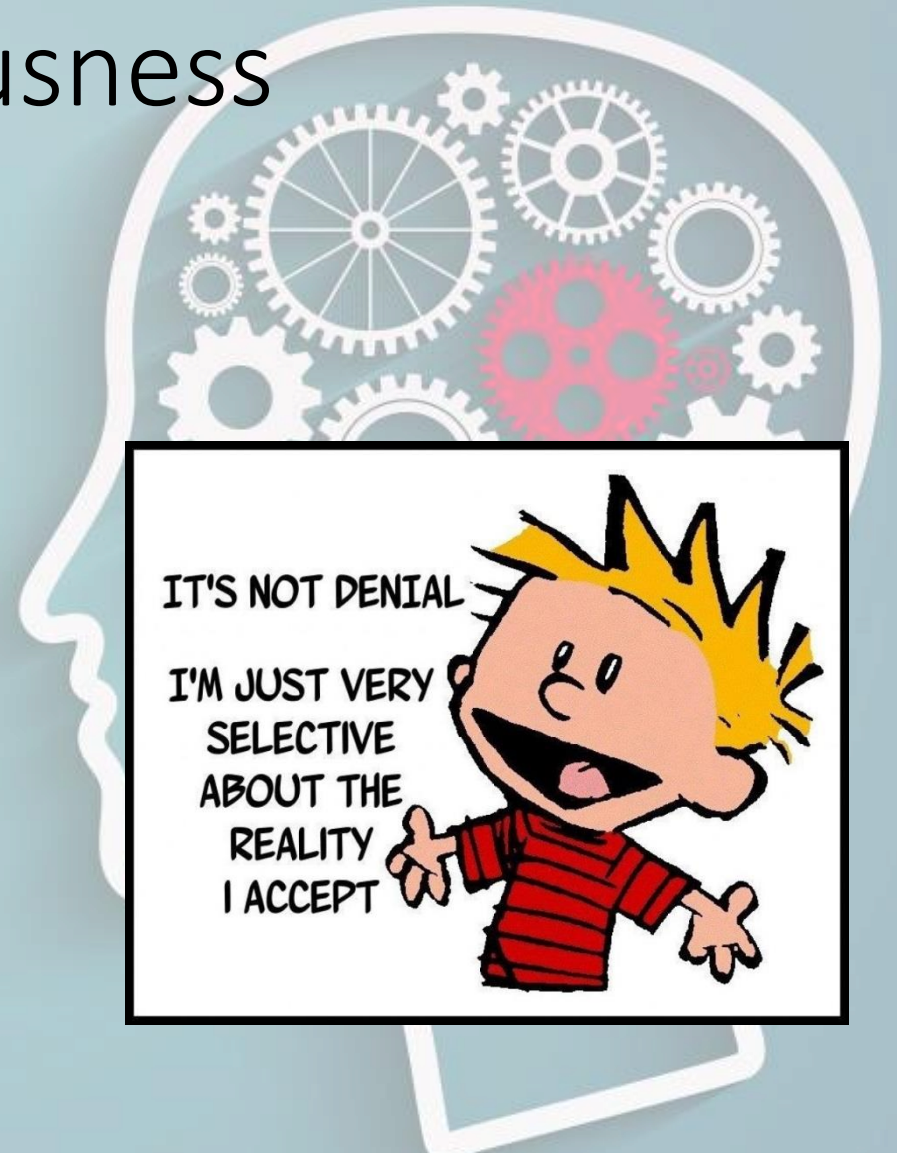
IT'S NOT DENIAL

I'M JUST VERY SELECTIVE ABOUT THE REALITY I ACCEPT

Defense Mechanisms

- Repression – Forcing thoughts into our unconscious mind
- Denial – Not accepting the harmful truth
- Displacement – Redirecting ones own feelings towards another person or thing
- Projection - Believing that the feelings one has toward someone else are actually held by the other person and directed at oneself
- Reaction Formation - Expressing the opposite of how one truly feels
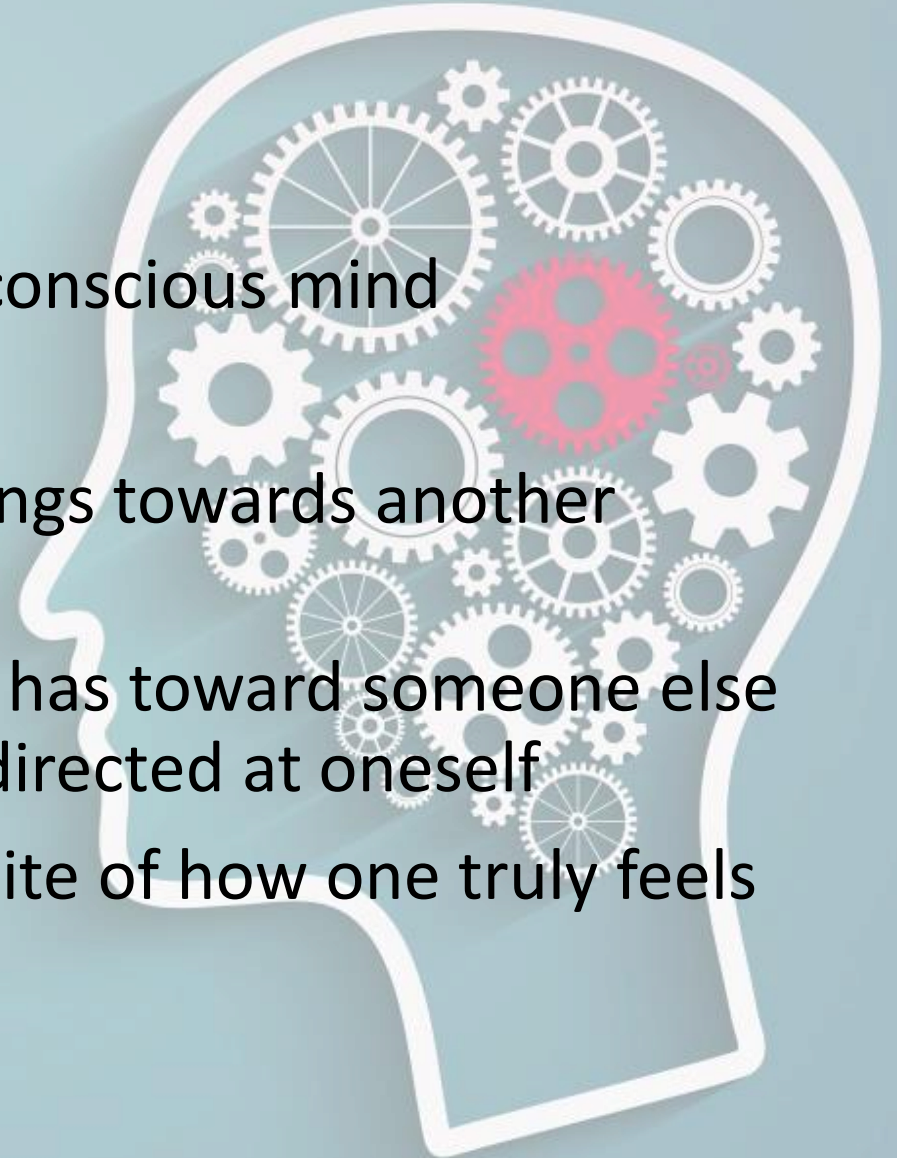
Defense Mechanisms

- Regression - Returning to an earlier, comforting form of behavior
- Rationalization - Coming up with a beneficial result of an undesirable outcome
- Intellectualization - Undertaking an academic, unemotional study of a topic
- Sublimation - Channeling one's frustration toward a different goal