

# CARL JUNG

1875 – 1961

## Analytical Psychology

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### The Psyche

Conscious Mind

ego  
persona  
attitudes & functions

Unconscious Mind

collective unconscious  
self  
archetypes  
images/myths

personal unconscious

memories  
complexes  
archetypes  
shadow

## • CORE CHARACTERISTICS

### Conscious Mind – What is in our awareness

Ego – the center of consciousness, and characterized by one dominant attitude (introversion/ extraversion) and by one or two dominant functions (think/feel; sense/intuit)

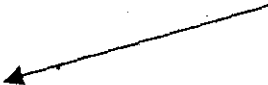
Persona - the public face we present to the world (mask), which is in opposition to the shadow

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### Unconscious Mind – What is not in our awareness.

Personal Unconscious – includes anything which is not presently conscious, but can be..... includes memories easily brought to mind

Collective Unconscious – a knowledge we are all born with, a communal, species memory (e.g., déjà vu, love at first sight, dreams)

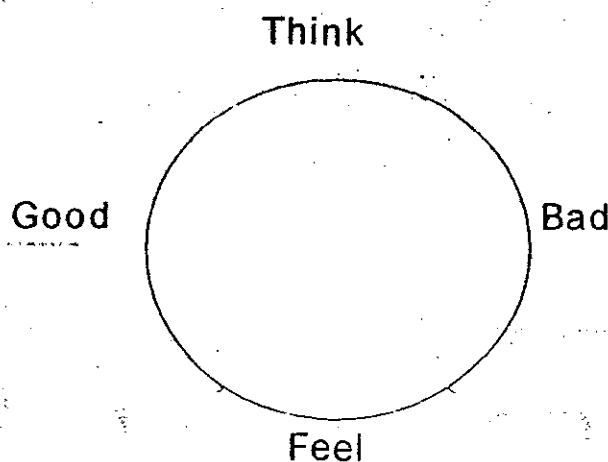
  
Archetypes – are the primary structures of the collective unconscious....they are an inherited (unlearned) predisposition to react to certain aspects of the world....they have no form but act as organizing principles on what we see and do

## • VIEW OF HUMAN NATURE/PERSONALITY

We have a tendency toward the attainment of "selfhood," which is the balance between the opposing forces of the personality. The self is the center of the personality – the goal of development is wholeness and balance, not perfection.

We utilize the Energy Principles to attain selfhood

1. Principle of Equivalence – an increase of energy in one area detracts from energy in another area.
2. Principle of Entropy – Energy in the psyche seeks an equilibrium or balance.
3. Principle of Opposites – The only way we can know anything is by contrast with an opposite.
4. Mandala – "Magic Circle" – symbol of wholeness and therefore of the self. Non-linear way of looking at things.



## • Attitudes of the Psyche

These are our ways of relating to the world. Considered to be genetic by many, and are difficult to change. It is whether you ("ego") more often face toward the persona and outer reality, or toward the collective unconscious and its archetypes.

1. **Introversion** – Psychic energy flows inward and tends toward subjective factors and inner responses.

- these individuals tend to be quiet (but not always) and imaginative, interested in ideas
- seeks harmony with the inner world
- not the same as shyness

2. **Extroversion** – Psychic energy flows outward and tends toward people, events, and things in the external world.

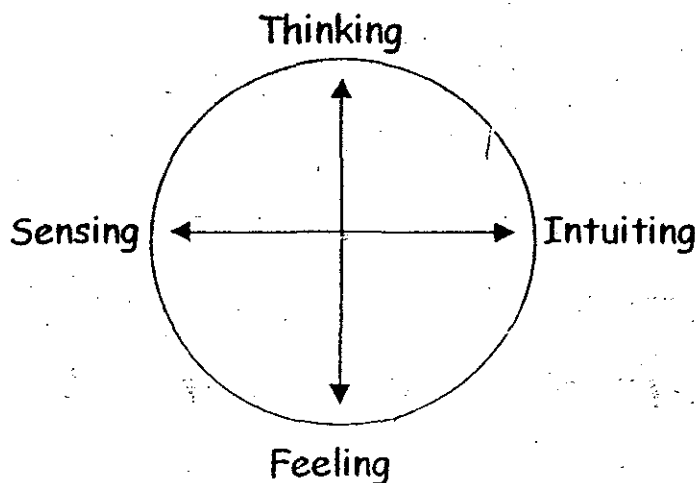
- these individuals tend to be sociable, outgoing, and interested in people and things (but not always)
- seeks harmony with the outer world

**\*\* I and E are opposites. Is and Es don't understand each other very well!!!**

## • Functions of the Psyche

These are functions of thought – how a person deals with information from the world

1. Thinking – Looking at information rationally, reasons objectively, logically. Gives names and categories to things.
2. Feeling – Is evaluative, a weighing of whether something is good/bad, acceptable/unacceptable, like/dislike.
3. Sensing – Getting information with the senses, detects the presence of things. Does not evaluate – interested in facts and objects.
4. Intuiting – Is perceptual, using hunches, sees possibilities, and “sees around corners.”



Archetypes (continued) – There are many archetypes. Some of the most prominent follow:

1. The Shadow - The dark side of our personality. It is the personification of the part of human possibility (seen as evil in human terms) that we deny in ourselves and project onto others. Can be seen in images of the wilderness (e.g., Hanzel & Gretel), the snake (Garden of Eden), dragons, monsters, etc.
2. The Anima and Animus - The Anima is the feminine/females side of males. The Animus is the masculine/male side of females. The image these take on represents the person's need or condition (e.g., an old hag, Superman, etc.). Together, they are referred to as Syzygy - seen by Jung as the "Divine Pair." This is an integration representing wholeness - outer and inner life are joined.
3. The Mother - This is nurturance, depicted in any mothering figure. Symbolically seen as the virgin Mary, mother nature, alma mater, etc.
4. The Child - An image of hope and promise. This is found in images of the Christ child and the New Year's Eve babe.
5. The Hero - The defeater of evil, slayer of dragons.

# TERMS AND RELATED CONCEPTS

- SYNCHRONICITY - A relationship between events that is based on meaningful coincidence. Not causally related, but meaningful. E.g., Picking up the phone to call someone at the same instant that person calls you. An indication of how we are connected.
- MAYA - The outer world thought of as God's dream - created by God but has no reality of its own.
- COMPLEXES - A pattern of suppressed thoughts and feelings that cluster around a theme provided by an archetype.
- Myers-Briggs Type Indicator - A personality measure based on Jung's theory. The authors added another dimension to the Attitudes and Functions of the Psyche:  
Judging-Perceiving