



Sigmund Freud and Modern Psychoanalysis

Sigmund Freud was an Austrian _____ and _____ who founded the practice of **psychoanalysis**.

Sigmund Freud constructed his theory of personality from a handful of _____ studies, patients to whom he gave _____, such as “Anna O”, “Rat Man”, “Wolf Man”, and “Little Hans”.

According to Freud, _____ have two components:

- _____ **Content:** the storyline of our _____ - sometimes incorporates traces of previous _____ and preoccupations.
- _____ **Content:** censored, _____ version - consists of **unconscious** drives and _____ that may be threatening if expressed directly.

Personality is our unique _____ of thinking, feeling, and acting.

Freud proposed that **childhood** _____ and **unconscious** _____ influence personality.

The Human Psyche

_____: unconscious _____ energy constantly striving to satisfy basic _____ to _____, _____, and aggress.

_____: the largely conscious, “_____” part of personality that, according to Freud, mediates the _____ of the id, superego, and _____.

_____ : internalized ideals; provides _____ for judgment (the conscious) and for _____ aspirations.

The **id** operates on the _____ **principle**: if not constrained by _____, it seeks immediate _____.

The **ego** operates on the _____ **principle**, satisfying the id's desires in ways that will realistically bring pleasure rather than _____.

The **super-ego** acts as the conscience, maintaining our sense of _____ and _____, and punishing misbehavior with feelings of _____.

Defense Mechanisms: tactics that _____ or redirect _____ by distorting _____

- _____ - banishing _____ -arousing thoughts and feelings from consciousness
- _____ - retreating to an earlier, more _____ stage of development
- _____ - the ego unconsciously makes _____ impulses look like their _____
- _____ - attributing one's own unacceptable _____ impulses to others
- _____ - offers self-justifying explanations in place of the _____, more threatening, _____ reasons for one's actions
- _____ - shifts sexual or _____ impulses toward a more acceptable or less threatening _____ or person, as when redirecting _____ toward a safer _____