



PSYCHOANALYSIS AND PERSONALITY TYPES

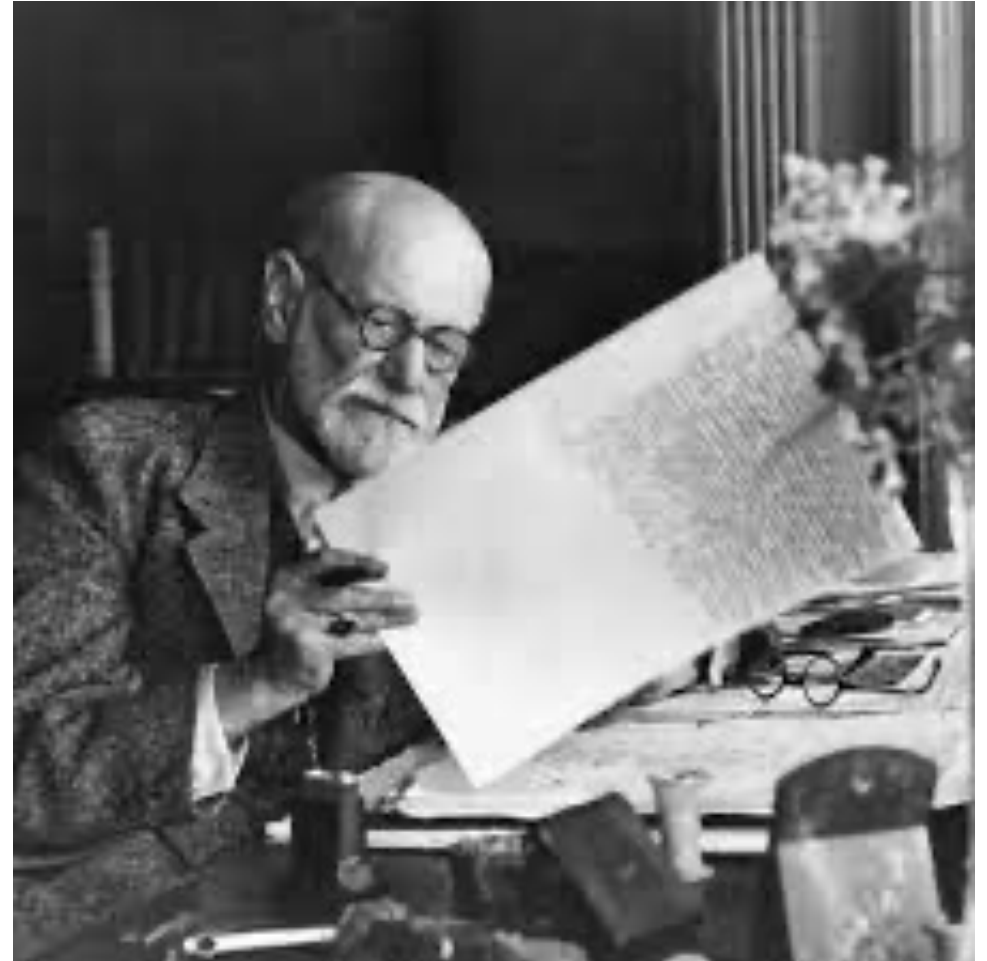
WHAT TO EXPECT

- We will begin by learning about psychoanalysis, a theory developed by Sigmund Freud.
- Psychoanalysis helps us explore our unconscious thoughts and feelings, shaping our behaviors and personalities.
- Next, we'll discover different personality types and how they influence our actions and relationships.
- Understanding personality types can enhance self-awareness and empathy towards others.

WHO WAS SIGMUND FREUD?

Sigmund Freud was an Austrian neurologist who is thought to be one of the founders of modern psychology. He was born in 1856 in Moravia, Austria and died in London in 1939.

In addition to the Theory of the Id, Ego, and Super Ego, Freud developed several theories including the Theory of Psychoanalysis, which has been used to treat mental illness using the subconscious mind.





THEORY OF PSYCHOANALYSIS

Unconscious Mind: Freud believed that much of our behavior is driven by thoughts and feelings hidden in our unconscious mind.

Defense Mechanisms: Freud described defense mechanisms as ways our ego protects itself from anxiety caused by conflicting demands of the id and superego. **Examples** are denial, projection, compartmentalization, repression, and more.

Therapeutic Process: Freud's psychoanalytic therapy aimed to bring repressed thoughts and feelings into conscious awareness, helping patients understand and resolve inner conflicts. Which can help change behaviour patterns that aren't serving us.

THEORY OF ID, EGO, AND SUPEREGO



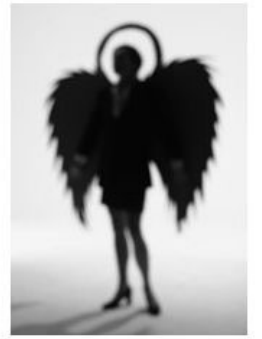
Id:

Instincts



Ego:

Reality



Superego:

Morality

Three Parts of the Mind: He suggested that our mind consists of three parts - the id, ego, and superego..

- The id is the basic, primal part of personality; it is present from birth.
- The ego begins to develop during the first three years of a child's life.
- The superego starts to emerge around age five


WHO WAS CARL JUNG?

Carl Jung, born in 1875, was a Swiss psychologist who changed how we think about the mind. He believed that all people share common feelings and ideas, called the "collective unconscious."

Jung worked with Sigmund Freud but later had his own ideas about personality, like introverts and extroverts. He also thought dreams were important for understanding ourselves.

Jung's work on personality and the importance of dreams greatly influenced psychology and continues to be studied and shapes our understanding of the human mind and behaviour.





INTROVERSION AND EXTROVERSION

Introversion refers to a preference for solitude and quiet activities. Introverts tend to feel more energized and focused when they are alone or in small groups.

- They often enjoy activities like reading, writing, or spending time in nature.

Extroversion describes a preference for social interaction and external stimulation. Extroverts feel energized and motivated by being around other people and engaging in social activities.

- They may enjoy parties, group discussions, and other social events. Extroverts tend to be outgoing, talkative, and enjoy being the center of attention.

[Video: Differences between Introvert and Extroverts](#)

Myers & Briggs Type Indicator (MBTI) Personality Test



MBTI PERSONALITY TEST

Background: Although this test has undergone a variety of changes over the years, the original versions of the MBTI were constructed by two Americans, Katherine Cook Briggs and her daughter Isabel Briggs Myers in the late 1940s and 1950s.

Briggs began researching personality in 1919 and found that her research had similar themes to Carl Yung and Sigmund Freud.

She incorporated Yung's theories with her own and an eventual outcome was the MBTI, which is one of the most popular personality tests used today.

Type Table

The following table is the usual way groups are represented when discussing personality type.

ISTJ inner-directed realistic logical organized	ISFJ inner-directed realistic compassionate organized	INFJ inner-directed imaginative compassionate organized	INTJ inner-directed imaginative logical organized
ISTP inner-directed realistic logical flexible	ISFP inner-directed realistic compassionate flexible	INFP inner-directed imaginative compassionate flexible	INTP inner-directed imaginative logical flexible
ESTP outgoing realistic logical flexible	ESFP outgoing realistic compassionate flexible	ENFP outgoing imaginative compassionate flexible	ENTP outgoing imaginative logical flexible
ESTJ outgoing realistic logical organized	ESFJ outgoing realistic compassionate organized	ENFJ outgoing imaginative compassionate organized	ENTJ outgoing imaginative logical organized

REMEMBER

You are a unique person with qualities and experiences that separate you from everyone else in the world. You are all unique and should maximize your strengths rather than trying to fit into someone else's idea of who you should be.

- Take what is relevant from the personality tests and reject what isn't
- We are trying to get to know ourselves and learn about our strengths





TASKS

STEP 1: Take the 16 Personalities test

<https://www.16personalities.com/free-personality-test>

STEP 2: Reflection Assignment

Once you have taken the MBTI test, explore your results looking at strengths and weaknesses, relationship dynamics with friends and family, and career paths.

Write a reflection answering the following:

- What did you find out about yourself?
- What areas were the most accurate?
- What areas were the least accurate?