

## Journal Entry – Freud

2 ½ pages = B, 3 = B+, 3 ½ = A-, 4 = A – size 12 font double spaced 1-inch margins

### Freud

1. Go further with defense mechanisms. Take one or a few that you use (or someone else) and really explore different situations in which you use them. If these are less healthy defenses, how could you move beyond them? What are the defense mechanisms that you see most often? Used by your friends or family members? Specific examples / stories?
2. Analyze yourself or someone else using any of the other concepts we have talked about with Freud. What stage(s) of psychosexual development are you fixated in? How so? What fixations do you reveal when under stress? What about Freudian slips? Can you think of any in your own life? What about things you “forget,” or “mistakes” you make, or “accidents” you perform? What could be behind these things? However weird it might be, could you look at how the Oedipus complex has played a role in your life (or someone else’s)? In your relationships with others? With your parents? What about sexual drives that do not coincide with your conscious understanding of your sexuality?
3. Do you agree and/or disagree with Freud’s portrait of human nature? Who are we, DEEP DOWN? Is everything we do, in the end, motivated by biological, animalistic drives? Are sex and aggression behind much more of what we do and think than we realize? Are we born “bad,” but society / civilization turns us “good?” Has Freud finally revealed us for who we really are? Or, as the Humanistic Perspective suggests, is it the other way around? Perhaps we are born “good,” but a harsh and judgmental world pulls us away from our original goodness? Where do you stand? Who are we deep down, the Tiger or Mother Theresa? And what is your evidence? What do you see, in yourself, in others, in kids, in adults, and out there in the world?
4. Do you agree and/or disagree with Freud’s theory of sexuality? Why and / or why not? What is your evidence? What about the Oedipus Complex? Is there any truth to it? Where do you see this demonstrating itself out there in the world? Any examples? (Hey F Block - Tatyana? Emilie? Claire? Care to elaborate?)

### Shadow

5. Discuss one or two desires, emotions, personality traits, etc., that exist within your shadow. Think of the activities we did in class – looking at others we hate, looking at others we admire, and thinking of times when we acted completely out of character, or when “I wasn’t myself,” or emotions/desires that come out when they shouldn’t and don’t come out when they should, etc. What have you learned about your shadow from exploring these situations?

- To what extent does this element, or these elements, cause serious havoc in your life?
  - Do you have any ideas about WHY a particular item is in your shadow? What experiences taught you that it is best to disown these qualities?
  - Can you think of ways that a particular element of your shadow might be *helpful* to you, if accessed in a controlled fashion? What other positive qualities might stem from this element? How have you perhaps, in the end, *needed* what you have disowned?
    - o Along this same line of thought, how could you integrate this shadow element into your life in a healthy, non-destructive way?
6. Perhaps instead of looking at yourself, you have a good idea about the elements that exist within someone else's shadow? (no names; protect privacy). Take the same questions from the previous question set and consider them from the standpoint of this other person. Or, perhaps you see desires, emotions, traits, etc., that seem to be in a lot of peoples' shadows? What desires / emotions are we collectively struggling to accept and integrate into who we are?
  7. Thoughts on Dissociative Identity Disorder? On some level, in thinking about our discussion of the shadow, do we all suffer from this disorder on some level? How so?
  8. Choose an existential given or two and explore the extent to which you have ignored or repressed this given in your everyday life, and/or explore the extent to which you have accepted and embraced this given. Give Examples! Show exactly how you are ignoring/repressing and/or embracing these givens. If you have ignored or repressed a given, what could you do, or how could you live your life, with a stronger acceptance and appreciation of this truth of existence? What are even one or two small things that you could do, every day, to recognize and embrace some of these givens? How would this affect your life in a positive way?