

Freud

FOR BEGINNERS

Text by
Richard Appignanesi

Illustrations by
Oscar Zarate



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Freud had to persuade a very reluctant Breuer to work jointly on a book: **STUDIES IN HYSTERIA (1895)**

Some key ideas and terms

Freud and Breuer concluded that: "Hysterics suffer mainly from reminiscences."

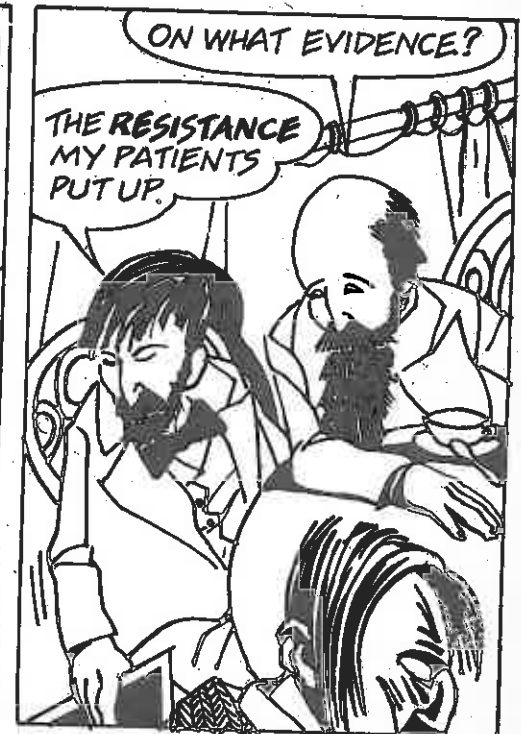
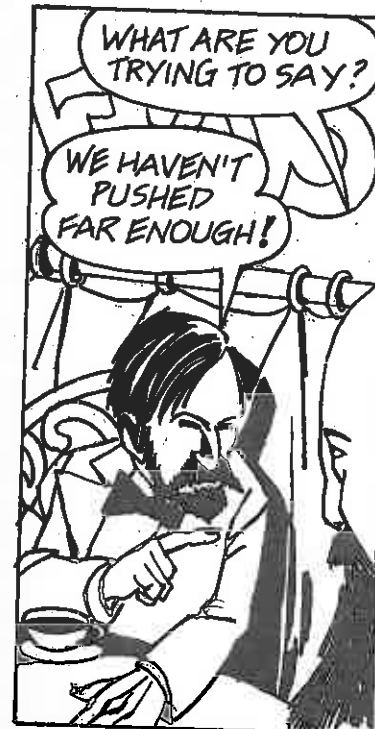
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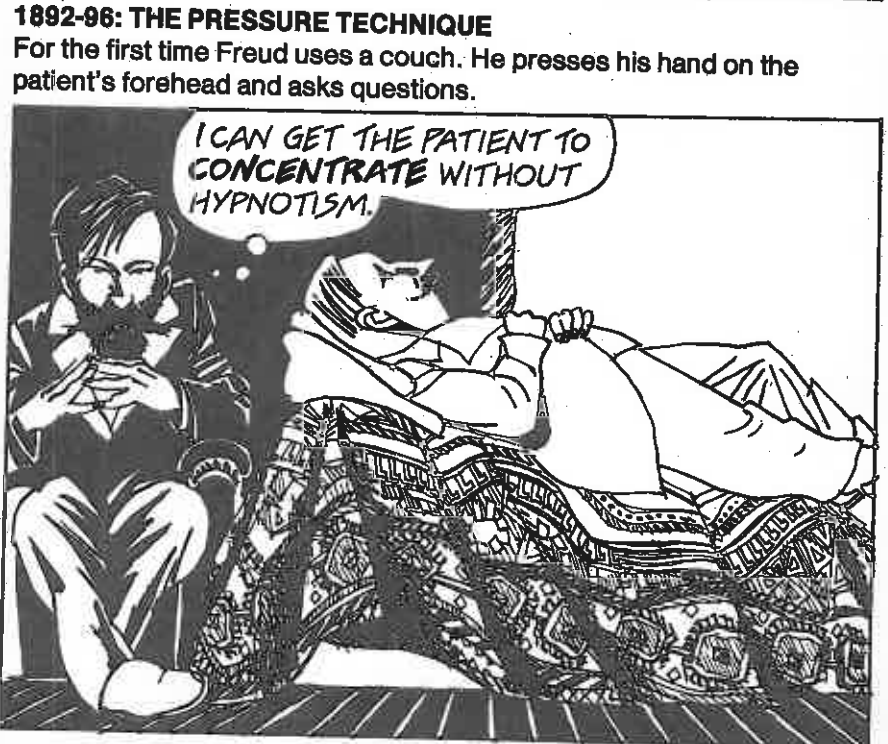
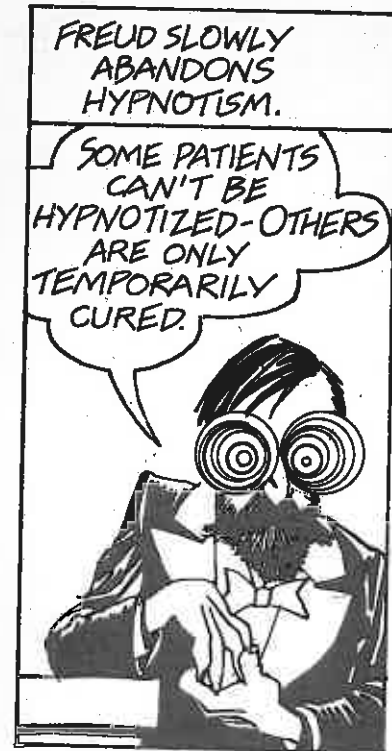
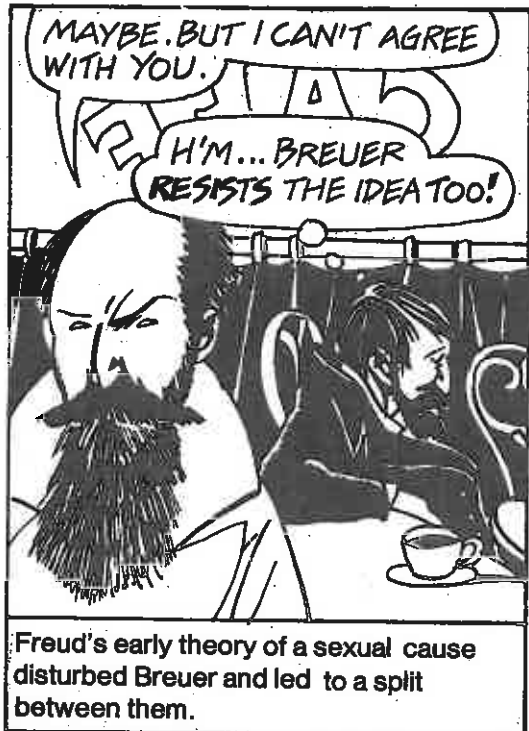
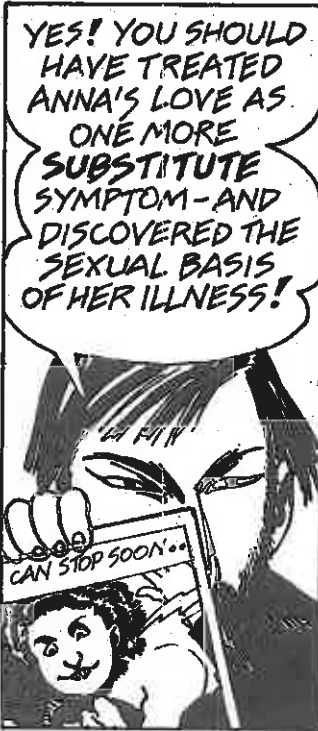
1. Hysterics suffer from painful, unpleasant memories of a **traumatic** nature (**trauma**, Greek for 'wound').
2. Traumatic memories are **pathogenic**, disease-creating. This was a revolutionary anti-mechanist notion which implied that a psychical (strictly **mental**) agent directly influences the physical processes of the body.
3. Traumatic memories do not 'wear away' normally but remain an active and **unconscious** force motivating behavior. (What cannot be remembered cannot be left behind.)
4. Banishment of painful, emotionally-charged memories from consciousness requires an active **repressing** mechanism operating at an unconscious level of mental life.
5. Since negative, unconscious memories cannot be expressed normally, their emotional energy or **affect** is dammed up — **strangulated**.
6. The strangulated affect is 'converted' into the physical symptoms of hysteria by unconscious stimulus.
7. Symptoms stimulated by the unconscious will disappear if **abreaction** occurs. Abreaction is the process of releasing a repressed emotion about a previously forgotten event. The problem of therapy is to get the patient to relive the original traumatic experience which caused the symptom.
8. Therapy will be difficult because every symptom is **over-determined**. It is caused by, and is the characteristic of, **several** psychological events.

1896: Breuer's cathartic method seems to work. But Freud isn't satisfied. If hysteria is a defense against an unpleasant idea, and if symptoms are symbols for what remains unconscious . . .



WASN'T ANNA'S HYDROPHOBIA CAUSED BY SEEING THAT DOG?





...A WORD OCCURS TO ME...
WHAT IS IT?



IT SOUNDS TOO SILLY.
SAY IT ANYWAY.



CONCIERGE
NOTHING ELSE?



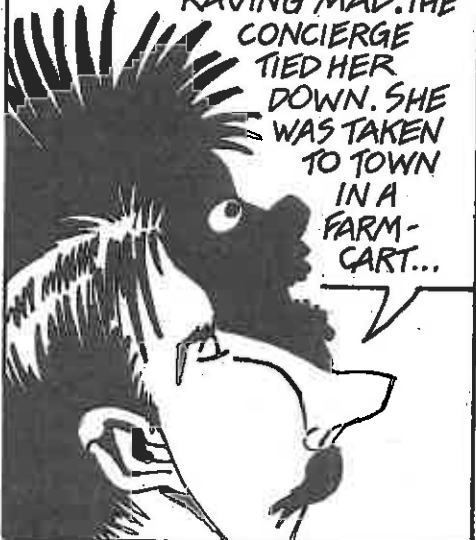
BY CONTINUED PRESSING FREUD BROUGHT OUT A SERIES OF WORDS.

CONCIERGE
NIGHTGOWN
BED
TOWN
FARMCART



AND MEMORIES BEGAN TO EMERGE...

I WAS TEN. ONE NIGHT MY SISTER, WHO WAS 12, WENT RAVING MAD. THE CONCIERGE TIED HER DOWN. SHE WAS TAKEN TO TOWN IN A FARM-CART...



THE MEANING WENT DEEPER...
"MY SISTER AND I SHARED A SECRET - WE SLEPT IN ONE ROOM... AND ONE NIGHT A MAN SEXUALLY ASSAULTED US!"



THE SEDUCTION THEORY

Repeated experiences with patients led Freud to propose a seduction theory.

1. Repressed memories nearly always revealed seduction or sexual molestation by a parent or adult.
2. This traumatic event in childhood operates in a delayed way. The repressed memory becomes a pathogenic idea which can cause hysterical symptoms after puberty.

1896: FREUD COINS THE TERM PSYCHOANALYSIS



THE 'PRESSURE' TECHNIQUE HAS TO GIVE WAY TOO.



THE FREE ASSOCIATION TECHNIQUE

Patients must be free, without censorship or urging



AN IMPORTANT HUMAN ADVANCE

1. Charcot took a first step towards a more 'human' treatment of neuroses.
2. But hypnosis, and even the pressure technique, were still arbitrary and authoritarian.
3. The free association technique of recalling traumatic events was completely new and revolutionary. The clue to neurotic symptoms is hidden in the patient's unconscious. The patient doesn't know what's repressed in the unconscious. And yet, **only** the patient can lead the therapist to its discovery and relief. Both the patient and the doctor must search.
4. However, the patient will resist and be less able to cooperate as the unpleasant material emerges. Then the doctor's clinical experience becomes important.
5. Patience in following a neurotic's blind wanderings must be justified, because resistance is only an attempt to postpone the emergence of the repressed material. No matter how roundabout, all routes must be connected with it.

One of Freud's own dreams from **THE INTERPRETATION OF DREAMS** (1900):



Freud in a train station is accompanied by an 'elderly gentleman.' "I think of a plan for remaining disguised. But that seems to have happened already!"

The old man seems blind — perhaps in one eye. Freud hands him a male glass urinal. "So I'm his nurse!" And here the old man's attitude and his penis appear in clear form. At this point Freud awoke feeling a need to urinate.

How does Freud interpret his dream?
I remember an embarrassing event in my parent's bedroom when I was 7 or 8 . . .



What a terrible blow to my ambition !

In fact, bed-wetting and the character trait of ambition are linked in some cases of neurosis.

This childhood insult to my ambition provided material for a dream in adult life. As if I wanted to say, "You see, I have amounted to something!"

The old blind man is my father. Blindness refers to his eye operation, my discovery of cocaine and his operation. That is one wish fulfilled. Another is the hostile wish to put my father in a defenseless position, as I was in childhood, to shame him. The 'disguise' refers to my discoveries about hysteria, of which I felt proud.

Another childhood remembrance: on the train journey from Leipzig in 1860 I saw my mother naked.



Several years later I had an anxiety dream . . . My mother, with a strangely peaceful, sleeping expression on her face, was carried into the room by some bird-headed people and laid upon the bed.

I awoke screaming and ran to my parents.



FREUD'S INTERPRETATION

I had seen those bird-headed gods from Egyptian funerary sculpture in Philippson's Bible. And a boy called Phillpp told me the slang word for sex. *Vögel*, the German slang for sex, also means birds.

My mother's "peaceful" look I transferred from my grandfather as he lay dying. My anxiety over her "death" disguises a wish directed against my father.

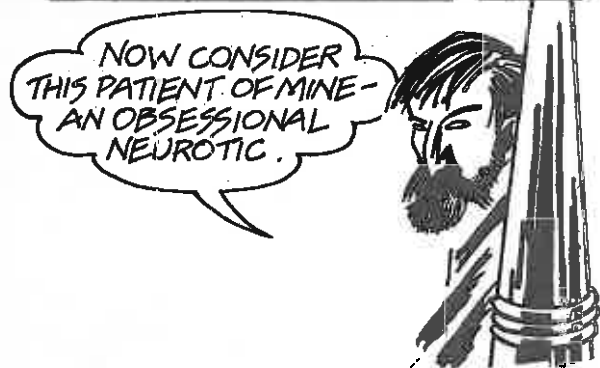
This dream contains a typical childhood wish: a **death wish** aimed at the father and a **sexual one** at the mother.

Does the idea seem repugnant? Consider the myths and legends of ancient cultures.

Saturn devoured his children out of fear that they might overthrow him as king of the gods.

Zeus castrated his father, Saturn, and took his place.

And ask yourself . . . Why is there a Fifth Commandment?



AN OBSESSIONAL NEUROTIC





YOU DON'T WANT TO KILL EVERYONE - BUT SOMEONE!

SOMEONE?..



WHAT YOU CALL AN 'ALIBI' IS REALLY A DEFENSE.

DEFENSE AGAINST WHAT?



AGAINST A MURDER YOU FEEL YOU'VE ALREADY COMMITTED - OR WISHED TO!



WHEN I WAS 7 I WISHED MY FATHER DEAD! AND RECENTLY HE DIED OF A PAINFUL DISEASE...



SO IT'S NOT SOME STRANGER YOU WISH TO MURDER... BUT YOUR OWN FATHER!

AND HIS WISH REALLY GOES BACK TO CHILDHOOD!



FATHER... MURDER... MOTHER... INCEST...



THIS REMINDED FREUD OF THE ANCIENT GREEK LEGEND OF OEDIPUS.

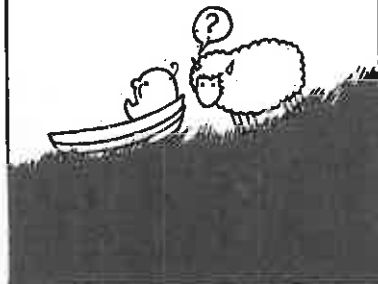
THE OEDIPUS STORY

KING LAIUS OF THEBES AND QUEEN JOCASTA ARE WARNED BY A PROPHET...



YOUR CHILD WILL GROW UP TO MURDER HIS FATHER AND MARRY HIS MOTHER!

AT BIRTH THE INFANT'S FEET ARE PIERCED (OEDIPUS'S 'SWOLLEN FOOT'), AND HE IS LEFT IN THE MOUNTAINS TO DIE.



RESCUED BY SHEPHERDS, OEDIPUS GROWS UP AS THE SON OF A FOREIGN KING AND QUEEN.



BUT ANOTHER PROPHET REPEATS THE SAME WARNING...

FATHER... MURDER... MOTHER... INCEST...

I'D BETTER LEAVE HOME!

SHH!



OEDIPUS MEETS A STRANGER ON THE ROAD - KING LAIUS - AND KILLS HIM IN A QUARREL.

OEDIPUS ARRIVES AT THEBES. THE CITY IS THREATENED BY A MONSTER, THE SPHINX, WHICH DEVOURS ANYONE WHO CAN'T ANSWER ITS RIDDLE.

Which animal has 4 feet in the morning, 2 at midday and 3 in the evening?

Man, who in infancy crawls on all fours, who walks upright on two feet in maturity, and in his old age supports himself with a stick.



THE SPHINX WAS BEATEN AND THREW ITSELF INTO THE SEA.

OEDIPUS IS MADE KING OF THEBES AND MARRIES JOCASTA.



KING OEDIPUS REIGNS IN PEACE - UNTIL A PLAGUE BREAKS OUT AND A PROPHET IS AGAIN CONSULTED.



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OEDIPUS BLINDS HIMSELF WHEN HE DISCOVERS HIS 'UNCONSCIOUS' CRIME. JOCASTA COMMITS SUICIDE.



BLINDING IS SYMBOLIC OF THE HORROR WHICH FOLLOWS THE REVELATION OF REPRESSED IDEAS OR WISHES.

WHY IS THIS STORY OF OEDIPUS SO FASCINATING?



THIS INCEST FANTASY - FALLING IN LOVE WITH THE MOTHER, JEALOUSY OF THE FATHER - IS WHAT FREUD LATER CALLED THE OEDIPUS COMPLEX.

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Freud said that dreaming functions like a miniature model of neurosis. But if dreaming is normal, why should it provide a clue to neurotic behavior?

Let's retrace some of the steps which first gave Freud the evidence of unconscious ideas.

We've seen how the manifest content of a dream expresses a latent sexual wish indirectly by using symbols.

This "shifting over" of the wish to a manifest object was called **displacement** by Freud.

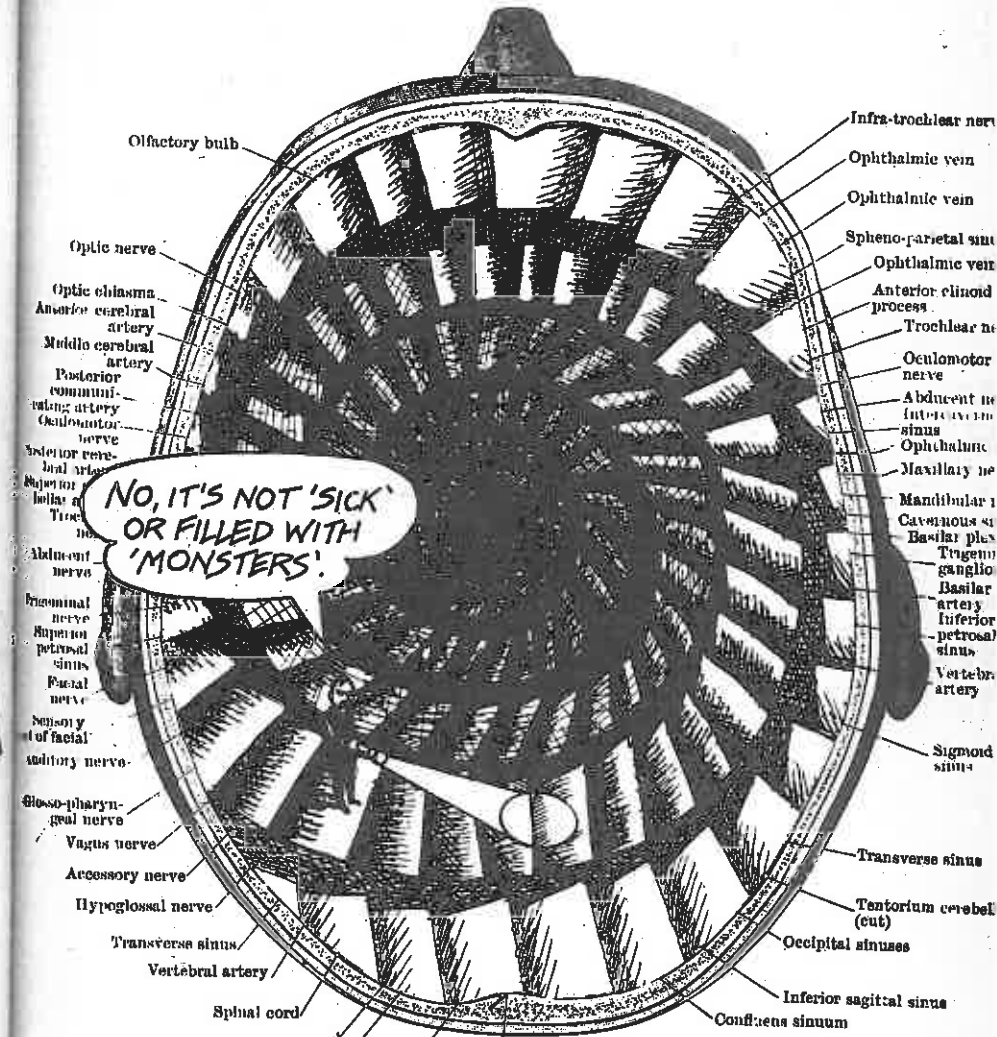
Displacement also occurs in neurosis.

The emotional energy from the pathogenic (disease-creating) idea is displaced onto symptoms. And this happens unconsciously.



This brings us to Freud's second discovery, which revolutionized our picture of the human mind.

THE UNCONSCIOUS



Freud wasn't interested only in the "sick" mind, as is often supposed. What he gave us was a general theory of the mind. Neuroses aren't simple diseased abnormalities — but rather another sort of mental functioning. However, neuroses allow glimpses into the hidden depths of the mind which aren't "normally" open to inspection.

Freud divides the mind into 2 parts:

1. the **preconscious** which contains all the ideas and memories capable of becoming conscious
 2. the **unconscious** made up of desires, impulses or wishes of a mostly sexual and sometimes destructive nature.
- These unconscious wishes get their energy from the primary physical instincts. Freud also called this primary wish-fulfillment drive by another name . . .

THE PLEASURE PRINCIPLE



The Pleasure Principle can easily run into conflict with the conscious activities of the mind, which are concerned with avoiding danger, adapting to reality and civilized behavior. Preconsciousness operates in a more controlled, disciplined "thinking" manner. It takes the demands of reality into account and tolerates delays of satisfaction.

Preconsciousness is dominated by the secondary process or what Freud also called . . .

THE REALITY PRINCIPLE

Freud once said that the highest civilized form of the Reality Principle is . . . **SCIENCE.**

What happens when the mind is dominated by the primary wish-fulfillment process or the Pleasure Principle?

Let's take a nonsexual example: a hungry man lost in a forest without food.

If the primary idea of "food" takes him over, he won't be able to think of ways of getting food.

But if the secondary process, or Reality Principle, gains control, he can "forget" food long enough to consider how to obtain it.



The primary wish-fulfillment ideas which dominate the unconscious are impulsive, unorganized and don't obey any logic.

So, according to Freud, all human thought is partly a conflict, partly a compromise between the preconscious and unconscious systems.

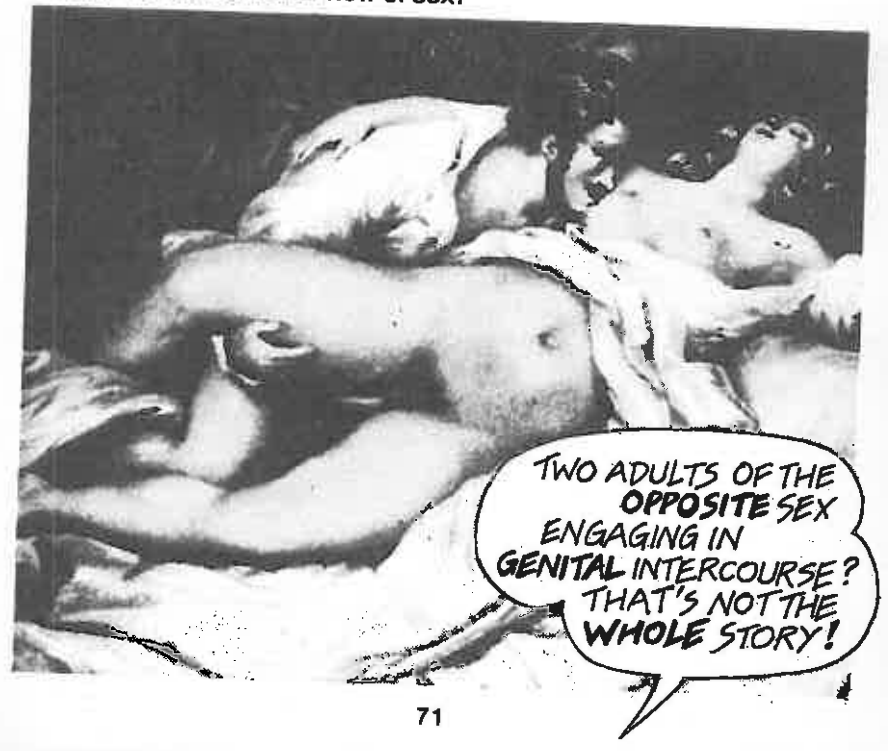


Freud's book THE PSYCHOPATHOLOGY OF EVERYDAY LIFE (1901) describes other typical examples of 'forgetting.' Parapraxis is the official term for the famous 'Freudian slip.' It refers to slips of the tongue, pen or memory, which occur in normal life. Errors are symbolic of unconscious attitudes and wishes. There are no errors in the mind!

In 1905 Freud published his THREE ESSAYS ON THE THEORY OF SEXUALITY.



The simple enjoyment of sex isn't so simple. What is the conventional view of sex?



What about . . .

1. persons only attracted by their own sex or their own genitals?
 2. persons known as 'perverts' who disregard the normal use of sex?
- These facts are known but not admitted as normal.



NORMAL? LET'S NOT BE HYPOCRITICAL. SEXUAL ACTIVITY OFTEN INCLUDES USING... THE MOUTH AND THE ANUS.



AND THE URGES OF 'FOREPLAY' OFTEN PRECEDE NORMAL INTERCOURSE. TOUCHING, FEELING, LOOKING, SHOWING, ETC.

Freud overturns the conventional view of sex and perversion:

1. The aims of pleasure and procreation do not coincide completely.
2. 'Sexual' and 'genital' are two very different concepts.
3. Sexual pleasure can be obtained from any part or zone of the body.
4. Sexuality includes urges not related to genital activity. The normal 'foreplay' uses of mouth, touch, etc., are the component instincts of sexuality.

But if such instincts are not in themselves 'perverse,' what actually defines perversion?



SUPPOSE A SINGLE COMPONENT INSTINCT BECOMES HIGHLY SEXUALIZED? SUPPOSE IT REPLACES THE NORMAL SEXUAL AIM?

WELL, YOU GET TYPICAL EXAMPLES OF SEXUAL DEVIANCE... THE VOYEUR (LOOKING)





THE EXHIBITIONIST



THE FETISHIST



SHOWING...

TOUCHING...

NORMAL FOLKS PARTLY SATISFY SUCH URGES IN THEIR SEX LIFE AND DREAMS.

BUT WHAT ABOUT NEUROTICS ?



THEY STRONGLY RESIST EVEN THE IDEA! BUT WHY?



This neurotic resistance to wishful 'perverse' urges is what led Freud back to childhood sexuality.



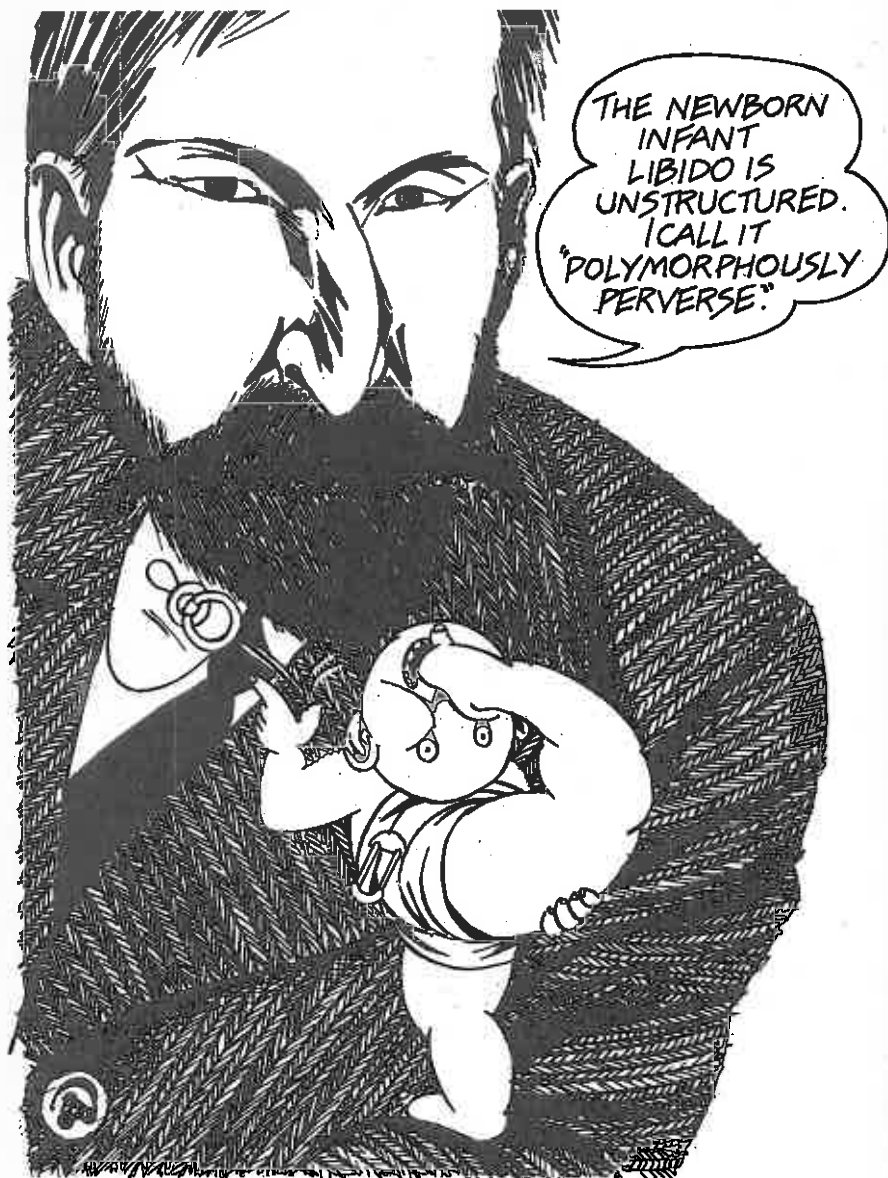
GOING BACK TO CHILDHOOD

Everyone is born with a basic sex drive, or instinctual energy, called the LIBIDO (Latin for 'desire').

The sex drive has both mental and physical features. These features are:

1. an internal organic source of excitation
2. a quantity or pressure of excitation
3. an aim, which is to achieve a sensation of pleasure by removing the pressure
4. an object, which is a thing or person in reality required to satisfy the aim.

THE SEXUAL HISTORY OF THE INDIVIDUAL BEGINS AT BIRTH

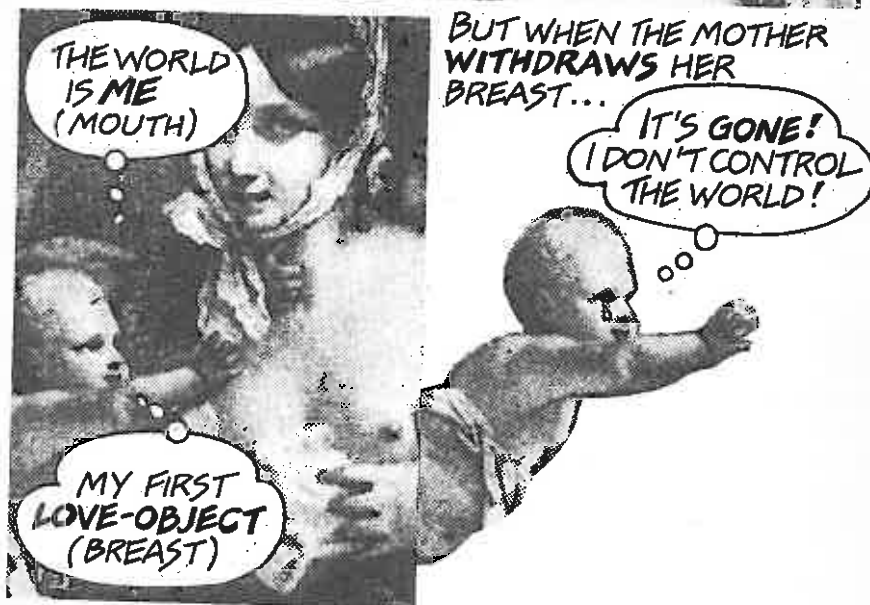


Which means it takes sexual pleasure from the stimulation of any part of its body.

Acquiring specific aim and object needs experience: a complex learning process which can easily "go wrong."

The specific organs of sexual satisfaction are established on the basis of the EROTOGENIC ZONES.

THE STAGES OF PSYCHO-SEXUAL DEVELOPMENT FIRST ZONE: THE ORAL STAGE

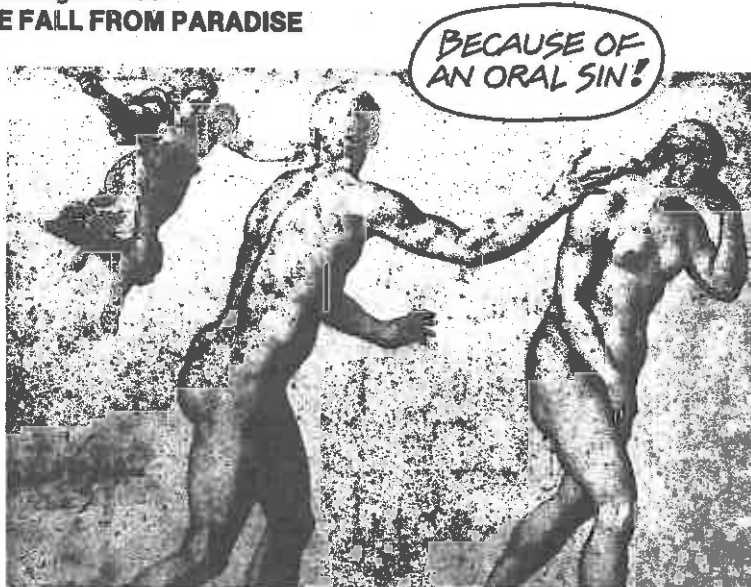


MY FIRST LOVE-OBJECT (BREAST)

This primary Oral Stage can also be understood in a wider historical sense. It appears again in adult fantasy, in mythology and the history of culture.

For example, the loss of the oral love-object reminds us of a famous mythological loss.

THE FALL FROM PARADISE



But there is also an old cultural wish to REGAIN PARADISE. This painting by Brueghel (1567) shows us Utopia, the earthly paradise of perfect oral pleasure.



SECOND ZONE: THE ANAL STAGE



THE EXCREMENTAL FUNCTION IS BOUND UP WITH SOCIAL IDEAS OF ORDER, CLEANLINESS - AND DISGUST.

These anal ideas of gift, skill, creation, blame and restrictive order again remind us of another great cultural myth.

PROMETHEUS: THE ORIGINATOR OF HUMAN CIVILIZATION



Prometheus the Titan:

1. made the first humans out of mud (a substance like excrement)
2. gave humans their first great gift, fire, and taught them the first skills
3. was punished by the gods who chained him to a rock and sent an eagle to peck at his guts.

THIRD ZONE: THE PHALLIC STAGE

BY THE AGE OF 3 OR 4 CHILDREN DISCOVER THE THING TO BE CREATIVE WITH. MASTURBATION, STIMULATION OF THE GENITAL ZONE, COMES NATURALLY, BUT...



Note:

The concept 'phallic' is not exclusively masculine. It applies at this stage to infants of both sexes.

Infants of both genders believe they can either give their mothers a child, or produce one themselves anally.

Curiosity, anxiety and confusion about differences of sexual anatomy now begin.

And the child at 5 or 6 enters the OEDIPUS COMPLEX phase, as the following case shows.

THE CASE OF LITTLE HANS (1909)

5-YEAR-OLD HANS HAD A 'PHOBIA' ABOUT HORSES.



HANS BECAME INTERESTED IN HIS PENIS-AND HIS FATHER'S.



MASTURBATION WAS 'TYPICALLY' DISCOURAGED.



HANS CONTINUED HIS RESEARCH.



TO SEE IF YOU'VE GOT A WIDDLER TOO.

WHAT ARE YOU STARING LIKE THAT FOR?



DIDN'T YOU KNOW THAT?



I THOUGHT SINCE YOU'RE SO BIG YOU'D HAVE ONE LIKE A HORSE!



HE HAS DISPLACED HIS FEAR OF YOU ON TO HORSES...

WHY SHOULD HE FEAR ME?



YOU'RE BIGGER... AND YOU MIGHT THREATEN CASTRATION BECAUSE HE DESIRES HIS MOTHER.



VERY STRANGE!

PERFECTLY NORMAL PHASE OF INFANCY.



WHAT SHOULD WE DO?

TALK TO HIM... SAY YOU APPROVE THAT ONE DAY HE'LL BE AS BIG AS YOU.



HANS GREW UP NORMALLY...

AND I BECAME A MUSICIAN LIKE MY DAD.

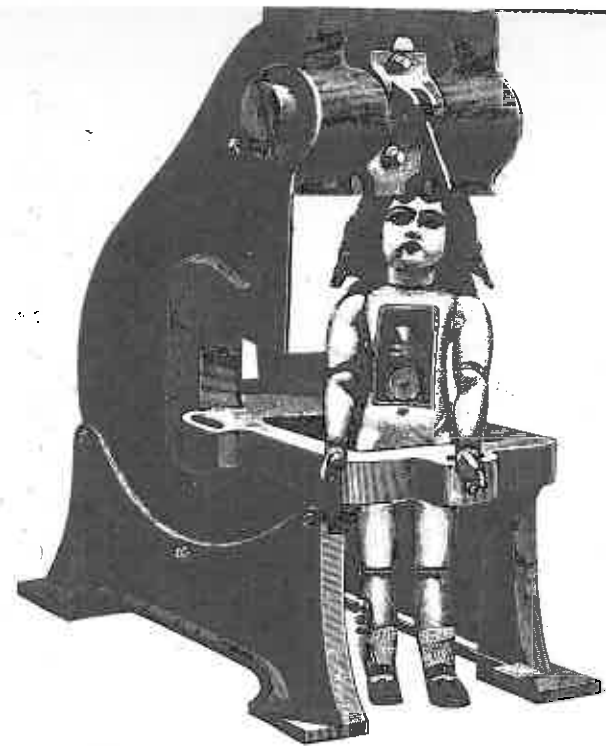
What about the girls? Is their Oedipal phase the same as boys'?

Both boys and girls at first assume they have phallic power of some sort — and mother is their incestuous love-object.
But desiring Mom brings up fears of Dad!
This, as in Hans's case, leads boys to castration anxiety.



But what does a girl discover? That she is **already castrated** . . .

The girl's discovery that neither she nor her mother possesses a penis is **real**. It is not like the boy's fantasy-fear of being castrated. She can feel hostile and reproach her mother for bringing her into the world "in this shape."



So while the boys develop castration anxiety, girls instead develop what Freud called **penis envy**.

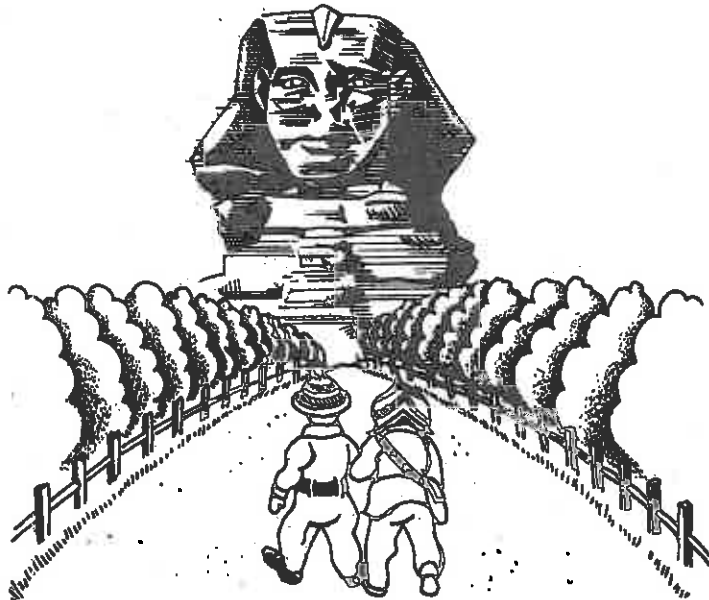


The girl's sexual development branches off from the boy's and takes a more complex path.

When the girl discovers she is in the "same shape" as her mother, her repression of incest wishes need not depend on fears of castration (like the boy's) and her relation to her father may now seem free . . .



The "Oedipal riddle" confronts both sexes on the way to adult sexuality.

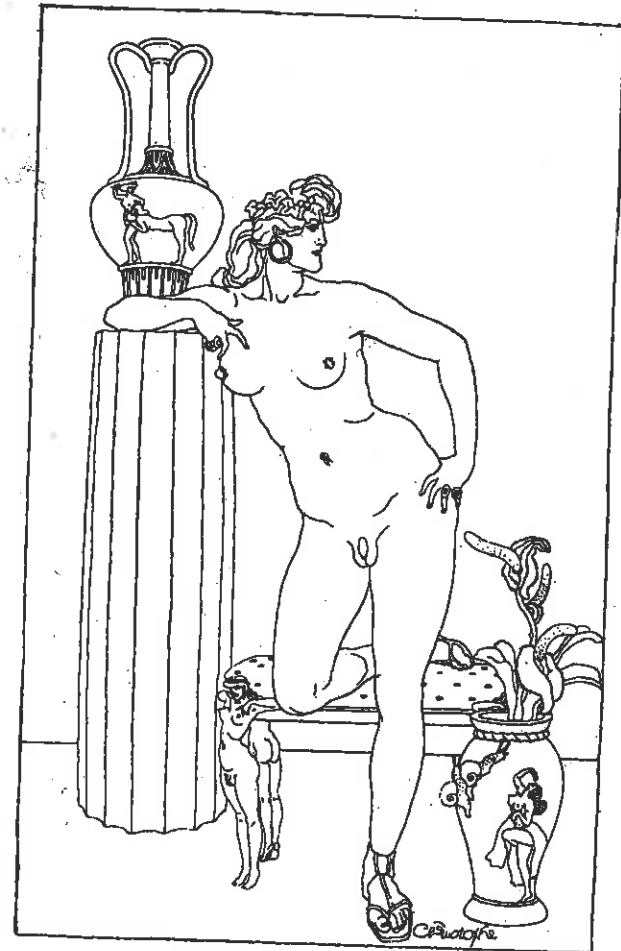


The path to healthy, mature female sexuality means:

1. accepting the idea of union with a male
2. leaving the father behind after adolescent emancipation
3. coming to terms with the mother.

The question of sexual development isn't simple. Freud was always aware of the **two-sided** nature of both sexes — in other words, **BISEXUALITY**.

1. Freud observed that in human beings **pure** masculinity or femininity does not exist in a psychological or a biological sense.
2. Every individual shows masculine and feminine character traits.



NO REAL FEMALE IS PURELY 'FEMININE'...



Freud was aware that social customs force women into passive roles which are supposed to be "really feminine."

Freud kept developing his theory of female sexuality. Here's how he ended a lecture on femininity in 1933: "What I've had to say about femininity doesn't always sound friendly. It is incomplete. If you want to know more, look at your own experience of life..."



Women in psychology have long been rethinking and developing Freud's theories: Lou Andreas-Salomé, Anna Freud, Marie Bonaparte, Helene Deutsch, Karen Horney, Melanie Klein, Clara Thompson, Juliet Mitchell, and many others.

4. THE LATENCY STAGE

From about the age of 6 until puberty, the sex drive seems to disappear.

It goes underground. Infantile amnesia takes place: so total that people can later deny their earliest sexual experiences.

The infantile stage of sexuality ends with the repression of the Oedipus Complex.

Ideas and impulses associated with the oral, anal and phallic stages are pushed into the unconscious (i.e. repressed) and denied expression. But the impulses are still there — in latent form, as the structure the libido has acquired. The sexually organized memories of the 3 stages will influence future associations.



Sexuality returns in adolescence with the problem of physical capacity for sex!

This would be a gloomy picture of human development . . .

IF CHILDHOOD WAS ONLY PASSIVE. BUT THE INSTINCTUAL IMPULSES... (LOOKING - TOUCHING - SHOWING, ETC.) ARE ALSO THE ACTIVE COMPONENTS OF LEARNING. SEXUAL ENERGY IS DIRECTED TOWARDS SELF-DISCOVERY, REALITY KNOWLEDGE.



In animals the sex instinct is **pre-adapted** to reality. It is biologically **fixed**.



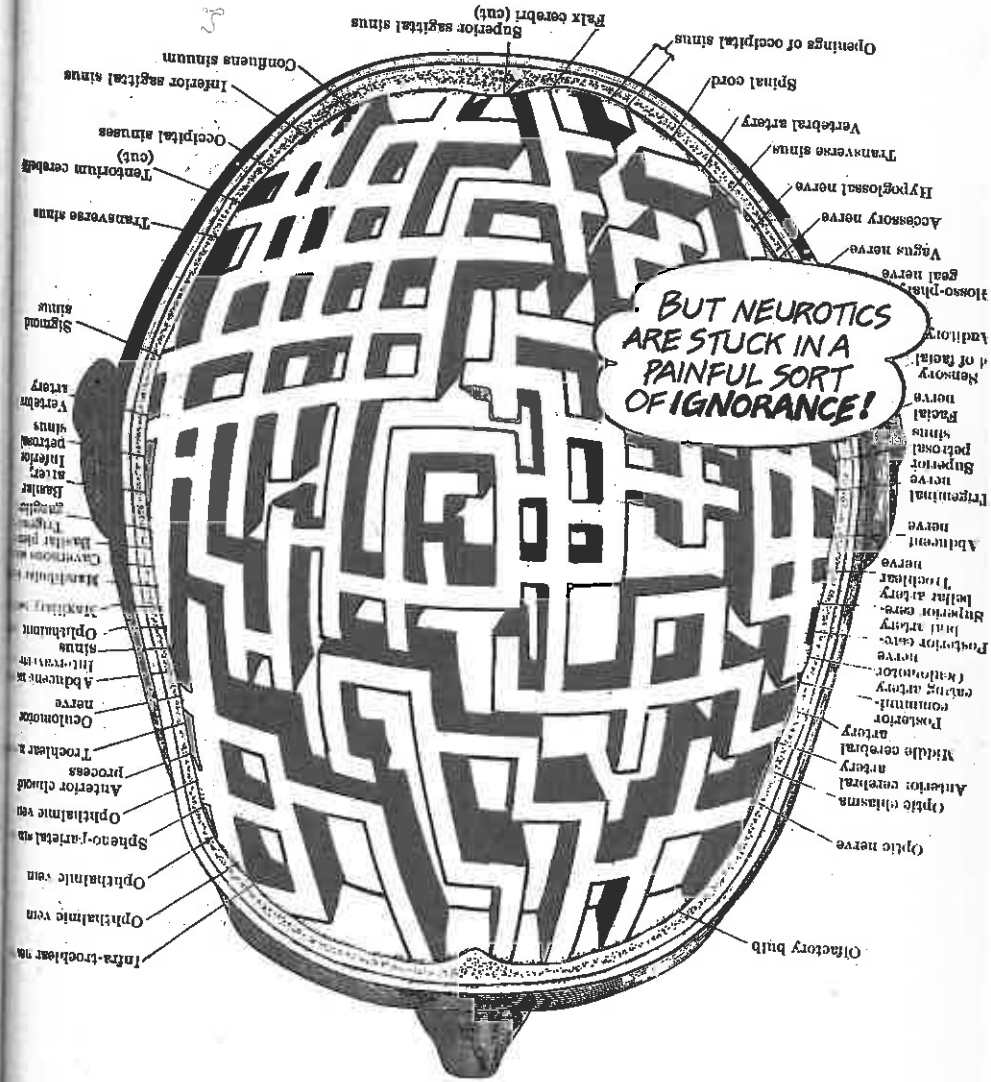
WE'VE COME
A LONG WAY
FROM THE
ANIMALS!

"Only in humans does sexual life occur in two waves, in infancy and at puberty. Something that is unknown except in humans and evidently has an important bearing on hominization."



KNOWLEDGE IS HEALTH?

We are normal (psychologically healthy) when our quest for knowledge is **uninhibited**.



BUT NEUROTICS
ARE STUCK IN A
PAINFUL SORT
OF IGNORANCE!

What are neurotics 'ignorant' of? Something prevents them from knowing what's causing their misery. Or, as Freud would say, they are victims of **unconscious inhibitions**. Inhibition simply means a **restraint** against knowing the origin of the problem which determines the neurotic's rigid pattern of behavior.

Freud traces the origin of neurotic problems back to childhood. Something can go wrong in the learning process—in the way the structure of human sexual instinct is acquired.

Here's what happens:

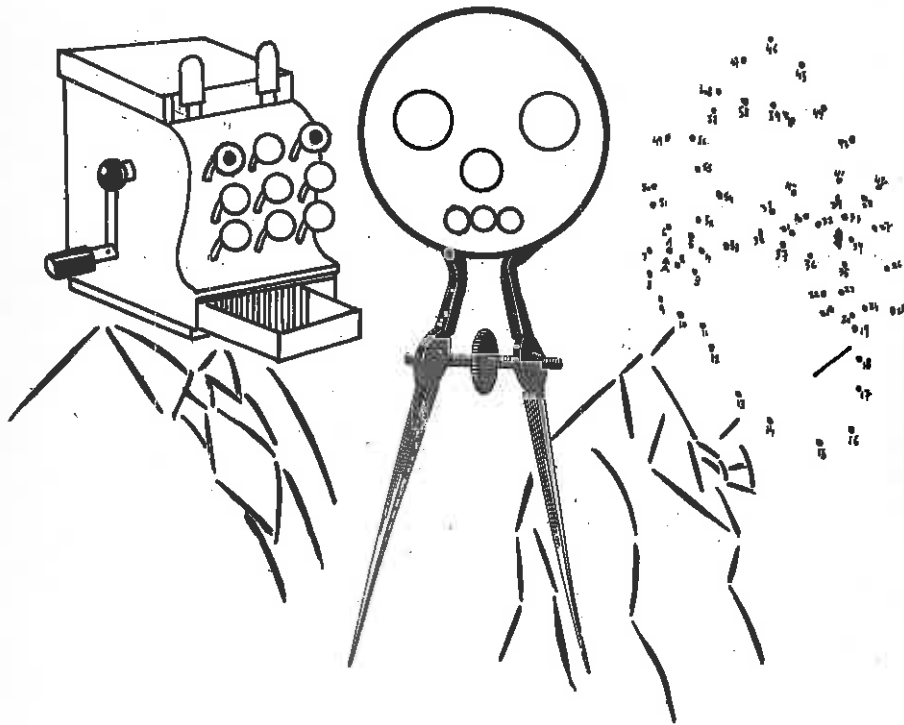
1. **Fixation** (arrested development) of the libido may occur at a particular childhood stage (oral, anal, Oedipal).
2. **Regression** (a return) to this early "fixated" level can take place, leading to various forms of adult neuroses.

Neurotics are literally in "a fix," in "a bind." **Anal fixation**, for instance, shows up in all sorts of inhibited behavior.

the miser

obsession with order

uncompleted tasks



Consciously the miser obsesses about keeping his money. But unconsciously he is "holding on" to the symbolic value associated with excrement at the childhood anal stage. Obsessive ideas are ones which persist despite being incompatible with the conscious part of personality.



For the fetishist, a shoe or fur or part of the body will take the place of human relationship entirely.

Another form of incomplete maturity of the sexual aim or object is **inversion** (the "turning in" of the libido on to an object like oneself) commonly known as homosexuality.



Sexual development often can "go wrong." This led Freud to a revolutionary new idea.



Normal sexuality is only one way of ending up. It is acquired from many components which can split off and become fixated.

Freud's theory of sexuality made him world famous . . . for the wrong reasons!

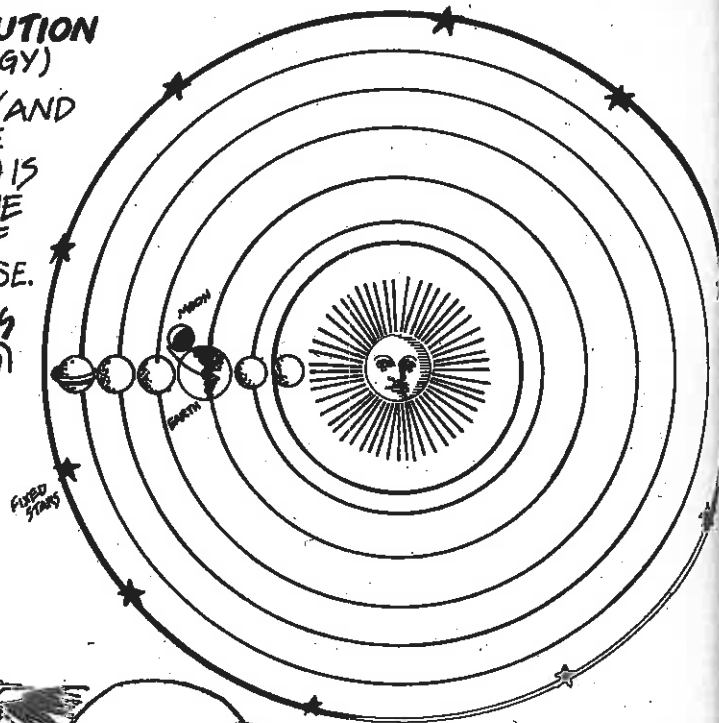


The hostility is understandable. Freud struck the third revolutionary blow to human pride.

1ST REVOLUTION (COSMOLOGY)

THE EARTH (AND THEREFORE HUMANITY) IS NOT AT THE CENTER OF THE UNIVERSE.

COPERNICUS
(1473-1543)



2ND REVOLUTION (BIOLOGY)

MAN IS NOT GOD'S CREATION BUT AN EVOLVED APE.

DARWIN
(1809-1882)



FREUD'S 3RD REVOLUTION: THE PSYCHOLOGY OF THE UNCONSCIOUS

Philosophers have always equated mind with consciousness. But Freud said something else. Only a small part of what is mental is conscious. The rest is **unconscious**, made up of inadmissible and involuntary ideas which motivate behavior.

YOU MEAN THE HUMAN MIND IS IRRATIONAL?

I MEAN REASON IS NOT SOMETHING GIVEN. IT HAS TO BE STRUGGLED FOR!



So long as there is **some** erotic relation (even in fantasy), the problem is treatable.

But what if a transference relation of love or hate can't be made? This means the patient has given up all erotic attachment to people or things. If the patient can't be "reached," the illness is not treatable by the psychoanalytical method of transference.

Freud called the nontreatable or psychotic cases **narcissistic**. What did he mean by that?

THE MYTH OF NARCISSUS

This is another ancient Greek legend about a beautiful youth who fell in love with his own image.

Frustrated because he couldn't possess himself, he faded away and was transformed into the narcissus flower.



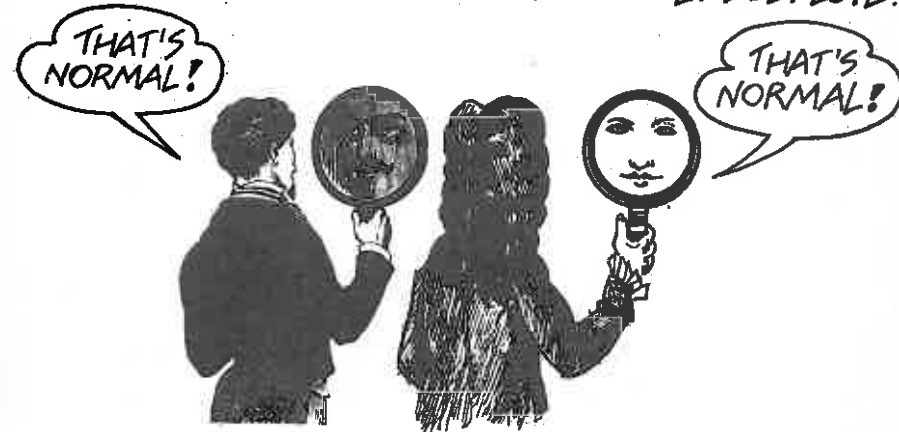
NORMAL NARCISSISM

Narcissism is a normal stage of infancy. In building its ego (the 'I') the infant searches for its mirror-self.



Normally the infantile narcissistic libido is transferred to objects, that is, to people.

THERE IS SOME SELF-LOVE IN ALL NORMAL ADULT LOVE.



What about love of self as one would wish it to be? Is that normal too?

Yes. Freud called this the EGO-IDEAL.

The ego-ideal is a substitute for the lost narcissism of childhood when I was my own ideal.



A strong ego is a protection against falling ill. But, finally, we must begin to love in order not to fall ill. We are sure to fall ill if, because of frustration, we are unable to love.

ABNORMAL NARCISSISM

But what happens if the libido is withdrawn from the world and directed back on the self?



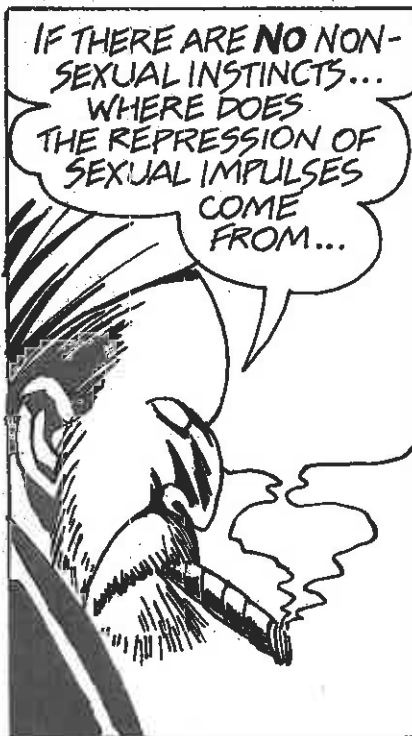
And this regression to infantile narcissism can lead to severe psychotic illnesses.

Paranoid delusions of being watched; hearing voices; extreme depression; hypochondria; schizophrenia; megalomania, etc. These are narcissistic psychotic states.



Transference as a second "acted-out" neurosis is impossible because the patient cannot be approached through external erotic attachments.

But a new problem.
Narcissism seems to deny the existence of nonsexual instincts. Even
the ego instincts can be included among the libido instincts!



MEANWHILE AN IMMENSE SOCIAL CONFLICT HAD
BROKEN OUT.

1914 — THE FIRST WORLD WAR — 1918

FREUD SUPPORTED THE AUSTRO-GERMAN ALLIANCE
FOR WHICH HIS SONS WERE FIGHTING.



But his support faded after the first years of war.

"Our civilization has been disfigured by a gigantic hypocrisy. Can we
ever again say we are civilized?"

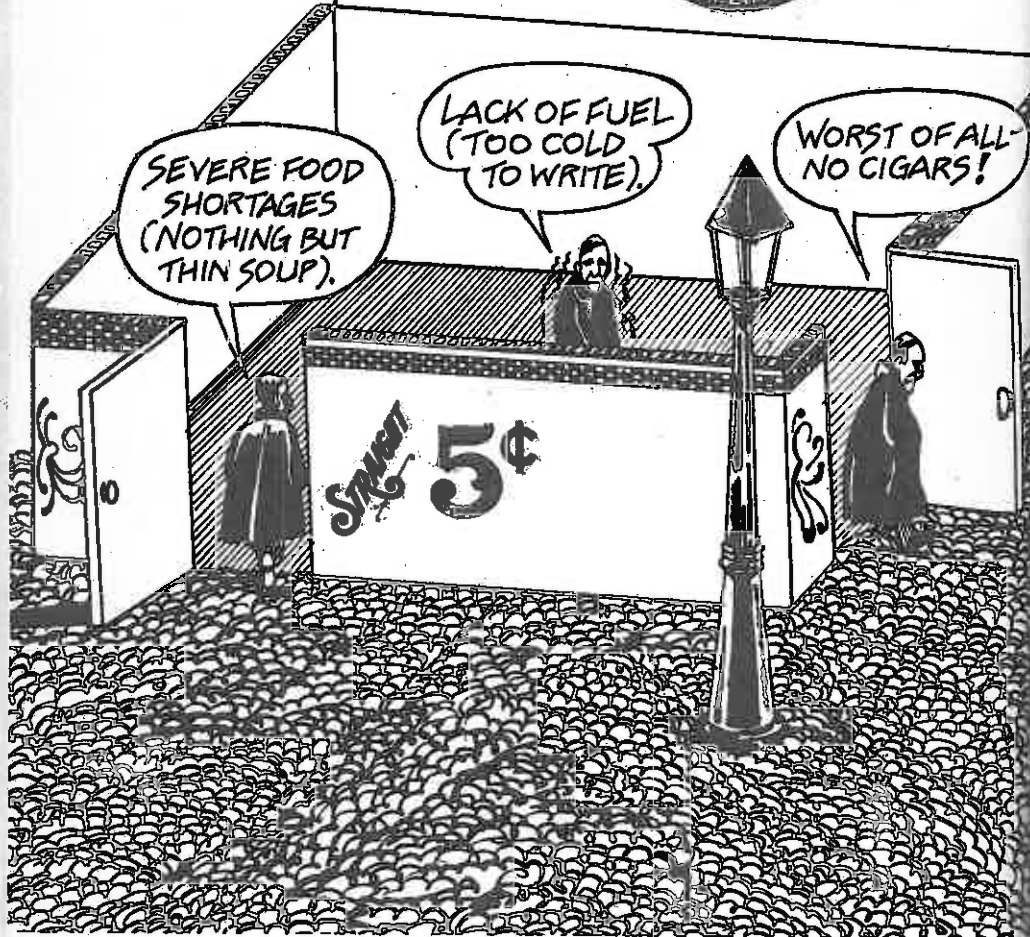
LIFE IN VIENNA
BECAME VERY
HARD BY 1917.



SEVERE FOOD
SHORTAGES
(NOTHING BUT
THIN SOUP).

LACK OF FUEL
(TOO COLD
TO WRITE).

WORST OF ALL
NO CIGARS!



The Austro-German defeat brought galloping inflation in 1919-20. Freud lost all his savings. And he had barely enough patients to earn a living.

Despite hardship, gloom and death-anxiety, Freud kept working on the idea of Narcissism.

MOURNING AND MELANCHOLIA (1915)

Melancholia (as shown in Dürer's engraving, 1514) is an ancient name for psychotic depression.



I FEEL WORTHLESS,
GUILTY, SUICIDAL.



WHERE DOES THIS EXAGGERATED GUILT AND SELF-ACCUSATION COME FROM?

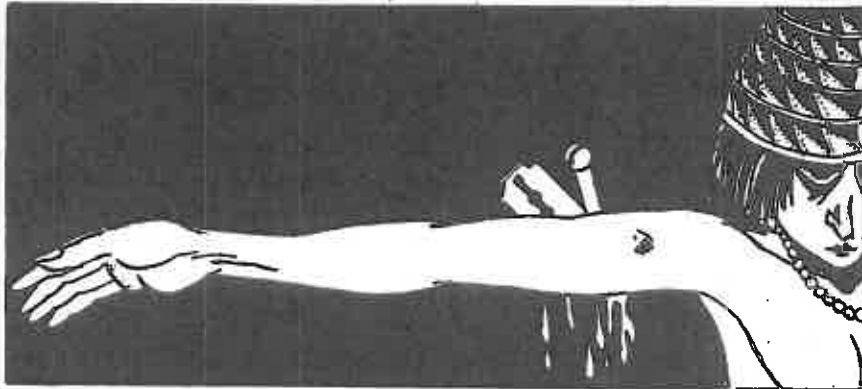


To mourn the loss of a loved one is normal. But in psychotic depression, the patient's grief conceals unconscious feelings of hate. Since these feelings cannot be admitted, the lost love object becomes identified with the patient's own ego. What happens then? The unconscious hatred, instead of being directed at the lost love object, is **misdirected** against the patient's own self. Depressive guilt and self-accusation are based on the abnormal regression to infantile narcissism.

Here's an example. A young woman of 19 is admitted to a psychiatric clinic.

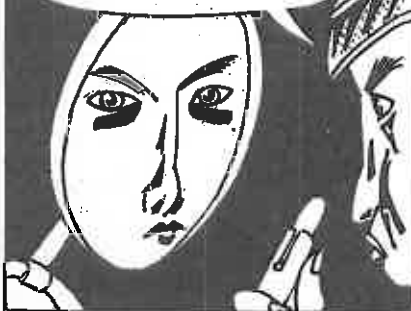


IN HOSPITAL SHE ATTEMPTED SUICIDE AND REPEATEDLY MUTILATED ONE SPOT ON HER LEFT ARM (WITH RAZOR, SCISSORS, FINGERNAILS).

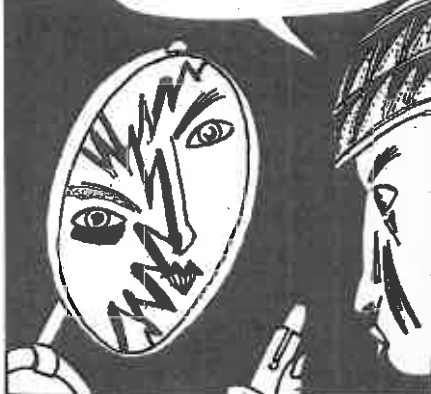


THERAPY BEGAN TO UNRAVEL HER STORY.

I WAS REALLY CLOSE TO MY MOTHER...



SHE WAS MURDERED BY A SOLDIER...



...AND HORRIBLY MUTILATED... ONLY THE BIRTHMARK ON HER LEFT ARM IDENTIFIED HER!



'AFTER MY MOTHER'S DEATH I DEFENDED HER AGAINST THE FAMILY.'



THEN, FOR NO APPARENT REASON, SHE GAVE UP HER OLD FRIENDS FOR 'BAD' NEW ONES.



SHE CHANGED RADICALLY AND BECAME HER MOTHER! THIS 'ASSUMED PART' OF HERSELF WAS THE TARGET OF REPPRESSED HOSTILITY.

BY ACTING 'BAD' SHE WAS ABLE INDIRECTLY TO ACCUSE HER MOTHER.



THIS 'NEW IDENTITY' SPARES HER FROM HAVING TO EXPRESS HER OWN NEGATIVE FEELINGS.

This extreme identification is called **INTROJECTION**. The lost love object is literally embodied or "devoured" by the ego. The patient regresses to a particular stage of infantile narcissism. This is when the oral stage begins to shade off into the anal stage. During this period, **biting** and **excreting** are dominant, and the infant alternates between love and hate.



BUT A CURE BECAME POSSIBLE WHEN SHE SMASHED ALL THE PANES OF GLASS IN A DOOR.



SHE REMEMBERED AND FINALLY BEGAN TO ACKNOWLEDGE A CONSCIOUS HATRED FOR HER MOTHER.

TOWARDS THE 'DEATH INSTINCT' (1915-1919)

Freud continued his search for a satisfactory theory of **instinctual conflict**.

Since 1895 Freud had assumed that human behavior was based on **two** contrasting tendencies: on the **pleasure principle** and the **reality principle**. These principles of psychic activity were established in the nervous system.

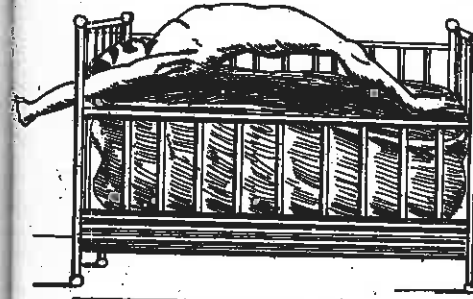
1. The pleasure principle is primary in the sense of impelling the organism towards immediate, impulsive and wish-fulfilling gratification. It is linked to the unconscious.
2. The reality principle allows the organism to tolerate **delays** or deferments of gratification. This secondary process exercises **thinking**. It permits a certain detachment from sexual impulses and a redirection of energy towards thought, work and play.

The famous mechanism of **sublimation** depends on the reality principle. Sublimation is not — as is popularly supposed — a repression of sexual drives but a redirection of libidinal energy towards a necessary adaptation to reality.

Freud now recognized that the pleasure and reality principles are not really antagonistic to one another, since both aim at the **discharge of tension**. Pleasure is the psychic result of discharging an amount of excitation, stimulus or tension which arises within the organism. The reality principle is only a delayed, modified process of attaining the same aim — which is pleasure.

ALL BEHAVIOR IS IN THE SERVICE OF TENSION REDUCTION.

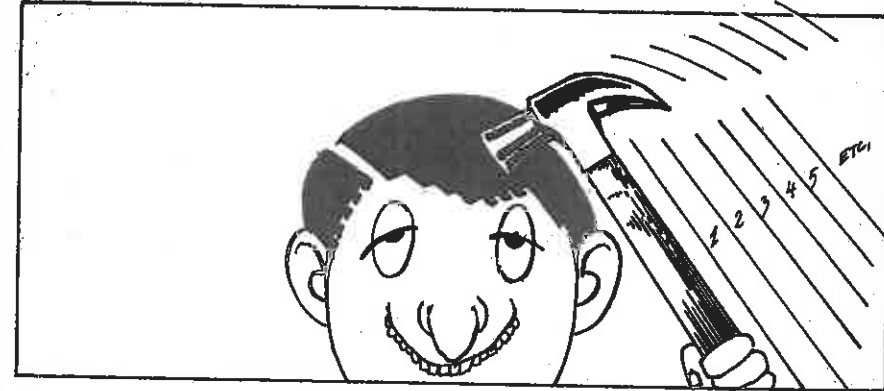
BUT JUST A MINUTE...
IF INCREASES OF TENSION
ARE UNPLEASANT...



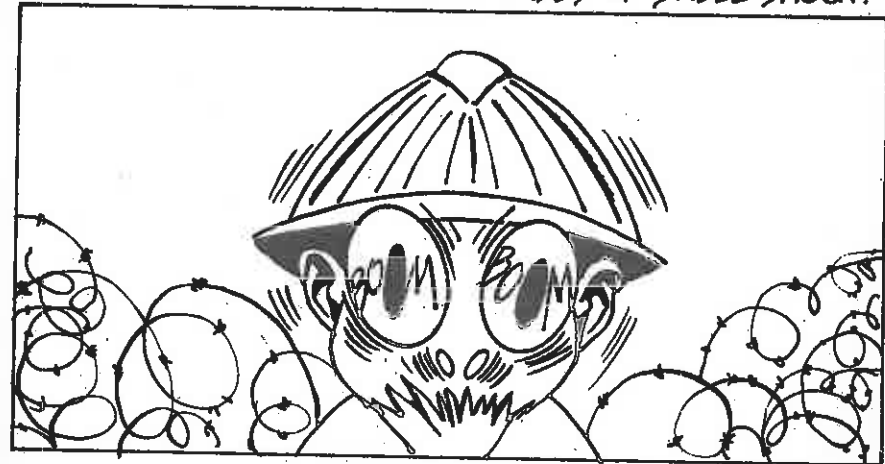
AND RELIEF FROM
EXCITATION IS PLEASANT...



WHAT ABOUT BEHAVIOR WHICH CONTRADICTS THIS?
WHAT ABOUT SELF-INJURING BEHAVIOR SUCH AS
MASOCHISM?



AND WHAT ABOUT THE WARTIME CASES OF 'SHELL-SHOCK'?



SHOCK WAS CAUSED BY A CLOSE CALL RATHER THAN REAL INJURY.

SEVERE ANXIETY IS THE RESULT.



BUT THE CURIOUS THING WAS THAT THE PATIENT'S DREAMS REPEATED THE TERRIFYING TRAUMA.



THIS IS STRANGE BECAUSE SUCH DREAMS DO NOT FULFILL THE PRIMARY AIM. THEY NEITHER GRATIFY A WISH NOR EVEN SAFEGUARD SLEEP!



UNPLEASANT TENSION IS KEPT CONSTANT THROUGH REPETITION.

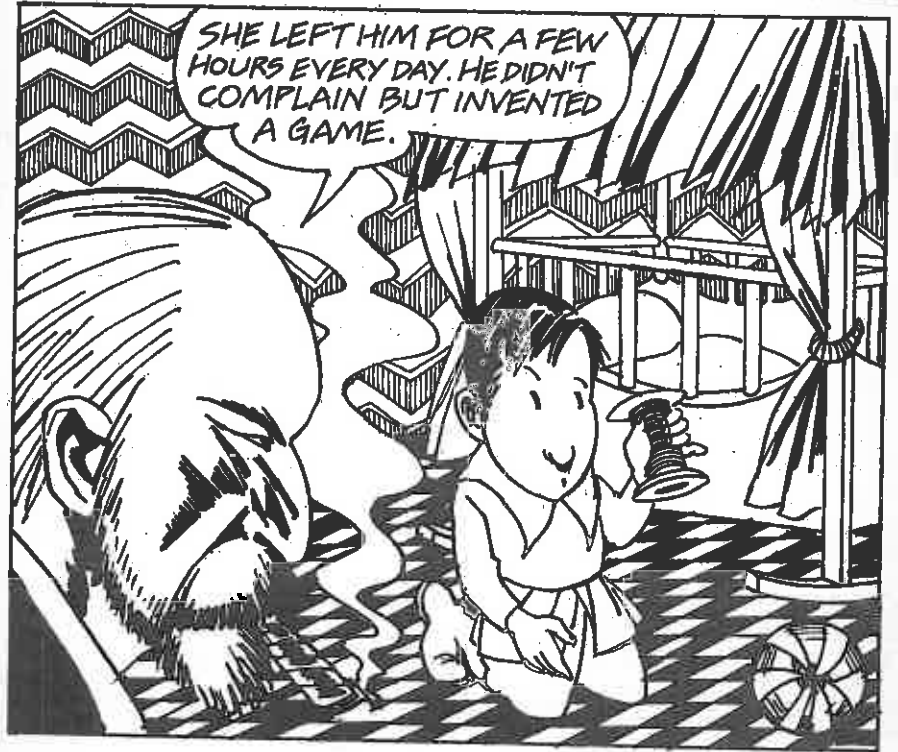
AND HERE'S ANOTHER EXAMPLE OF REPETITION WHICH FREUD NOTICED.

FREUD WATCHED HIS GRANDSON, AGED 1½, AT PLAY.

HE WAS VERY ATTACHED TO HIS MOTHER.



SHE LEFT HIM FOR A FEW HOURS EVERY DAY. HE DIDN'T COMPLAIN BUT INVENTED A GAME.





HE WAS REPEATING THE DISAPPEARANCE AND RETURN OF HIS MOTHER.

BUT THE QUESTION FREUD NOW ASKED WAS: HOW DOES THE REPETITION OF AN UNPLEASANT EXPERIENCE FIT IN WITH THE PLEASURE PRINCIPLE?



Freud named this puzzling tendency to relive unpleasant or traumatic situations **repetition-compulsion**.

1. An unpleasant surprise always precedes the need to repeat.
2. Normally it is **anxiety** which prepares us to expect danger.
3. Sometimes the psyche suffers a shock or fright for which it is not prepared.

In such cases, it is not anxiety which produces a traumatic neurosis. In fact, anxiety is what usually protects us against fright or fright-neurosis.

4. So this is the secret of repetition-compulsion. It creates retrospective anxiety in the psyche. In other words, the painful memory is relived again and again, until a sufficient defense has been built up "after the event."

This is described in Freud's **Beyond the Pleasure Principle** (1920). But it goes further.

THE COMPULSION TO REPEAT CAN BE DEMONIC. IT CAN TURN AGAINST THE SUBJECT- TO THE POINT OF SELF-EXTINCTION!



SUCH EVIDENCE NOW LED FREUD TO PROPOSE ANOTHER INSTINCT- A DEATH INSTINCT!

The Death Instinct or THANATOS (Greek for death)

SALMON STRUGGLE UPSTREAM TO RETURN...

...TO SPAWN...

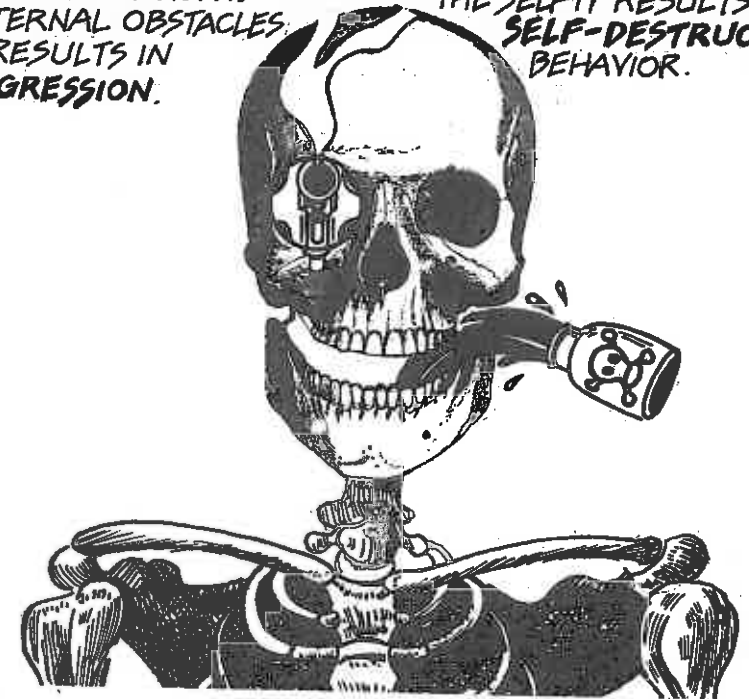
...TO DIE...



The organism defends itself against all threats of death which are not appropriate to it. Paradoxically, the death instinct can serve to prolong life.

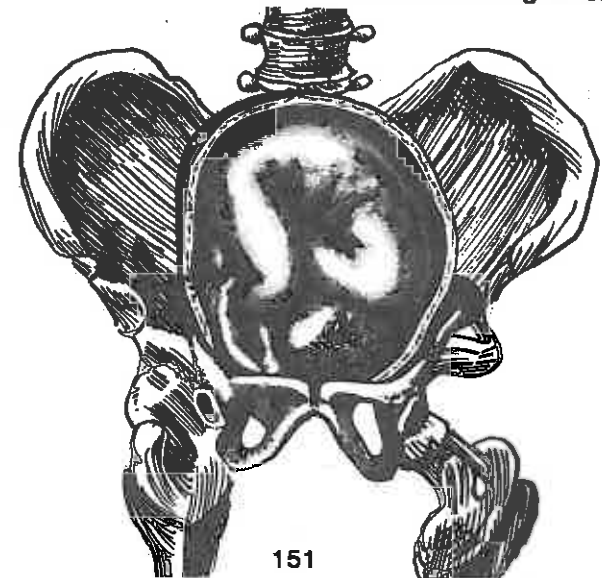
THANATOS IS ADAPTABLE- WHEN IT CONFRONTS EXTERNAL OBSTACLES, IT RESULTS IN AGGRESSION.

WHEN IT IS DIRECTED AT THE SELF IT RESULTS IN SELF-DESTRUCTIVE BEHAVIOR.



The Life Instinct or EROS (Greek god of Love)

Individual life moves towards a 'natural' death. But the survival of the species does not depend on the individual. The sexual life-instinct which governs the reproductive cells guarantees biological survival.



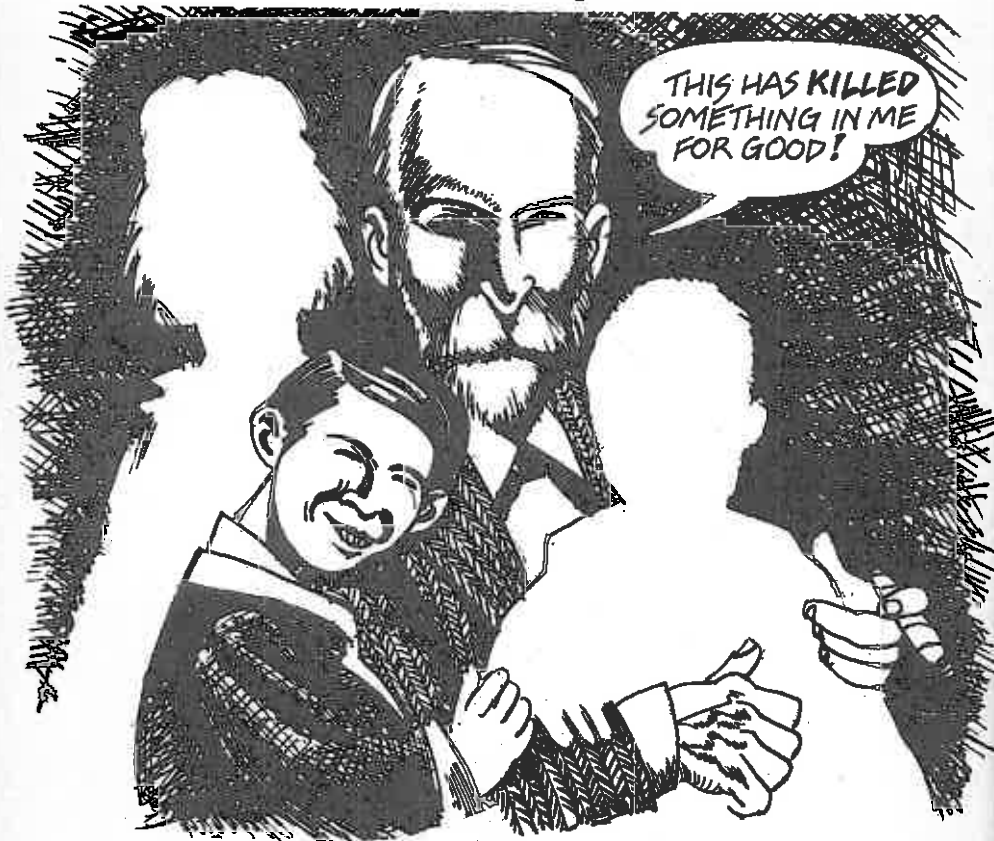
1. The aim of mental activity is to **reduce** tensions provoked either by instinctual or by external excitation.
2. The nervous system of an organism is regulated by a **constancy principle** — a conservative tendency to **stability**.
3. An instinct is therefore the urge inherent in all organic life to restore an **earlier** state of things.
But how far does this conservative trend go?
4. Since all living matter is made up of non-living, inorganic matter, then perhaps there is an instinct beyond the pleasure principle which aims to return to a state of inorganic inertia.
5. The compulsion to repeat is an instinctual regressive principle which aims to get back to a condition totally devoid of all energy — **death**.

THE AIM OF ALL LIFE IS DEATH.

THE YEARS OF SUFFERING

1920: Freud's 'Sunday child'
Sophie dies. She was 26.

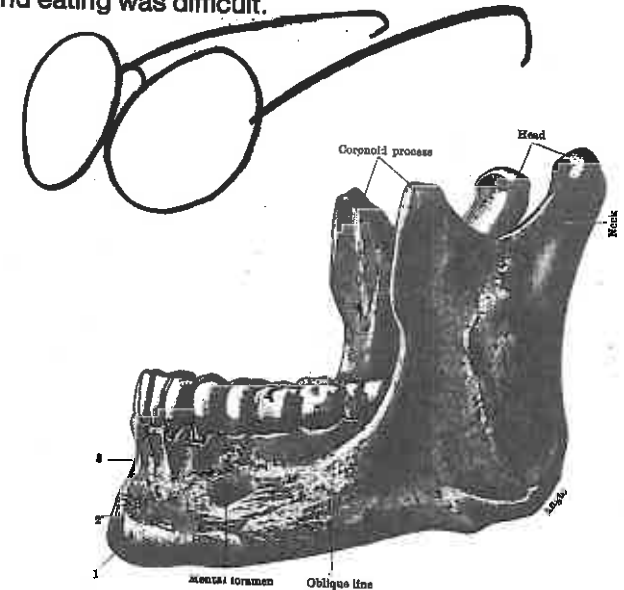
1923: Freud's favorite
grandson (Sophie's child) dies
aged 4½.



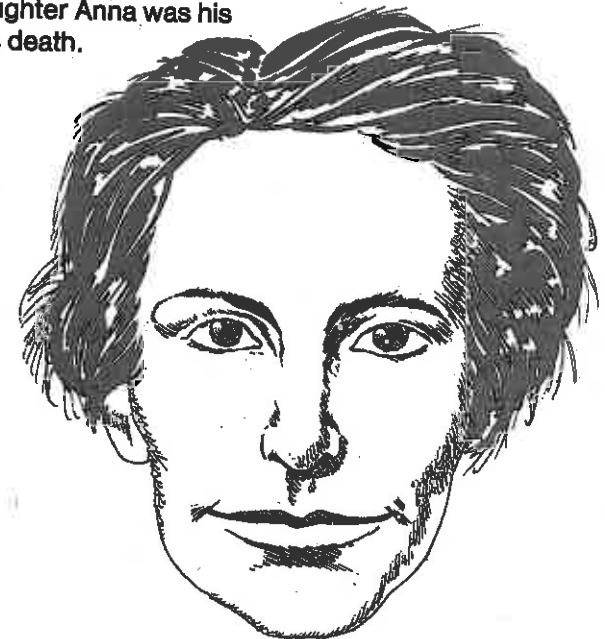
That same month, April 1923, Freud was operated for cancer of the jaw and palate. The first of 33 operations!

The whole upper jaw and palate on the right side were removed. For the last 16 years Freud often suffered agonizing pain. His speech and hearing were affected and eating was difficult.

A prosthesis (a sort of huge denture) had to be designed to shut off the mouth from the nasal cavity.



Freud's daughter Anna was his nurse till his death.



Freud did not really come up with a satisfactory answer to an old question which had long bothered him: where does repression come from? Where do we find a "nonsexual" instinct capable of repressing a sexual one—which can lead to neurotic conflict?

Let's go back a bit.

Till now, Freud had assumed that neurosis must arise from unresolved conflicts between conscious (self-) perception and repressed unconscious desires. But he couldn't explain how the repression happened in the first place.

He had also assumed that the ego's "self-preservative" instincts were limited to hunger, thirst and sexual reproduction. But hunger and thirst are not enough to preserve the self; and reproduction is typical of all species and is not specifically individual. We're stuck!

But let's make an imaginative leap...

Let's suppose—to put it simply—that the ego's main problem is to preserve its sense of its own safety, responsibility, and respectability. Freud realized that this continuous effort by the ego to preserve its integrity was the basis of repression, banishing from awareness unconscious contents that could not be acknowledged. This means that repression was just one device in the more general defense of self.

If repression presupposes "something" which represses, then it must be either the ego itself or a split-off aspect of the ego which is responsible for the defensive action of repression.

Therefore, repression comes from the ego. Repression is ego-defensive. Defense against what? Against defects in the development of a mature ego. Anxiety is the proper human signal of weaknesses in the ego. And, of course, a strong or weak ego will depend on the history of the whole personality since childhood.

It becomes clear that human personality has several dynamic features with specific internal and structural roles.

In 1923 Freud proposed a new dynamic model of the mind.

THE EGO, THE ID AND THE SUPER-EGO



THE ID

The ID (Latin for 'it') is the primitive, unconscious basis of the psyche dominated by primary urges.

The psyche of a newborn child is primarily ID.

But contact with the external world modifies part of the ID.



Perception of this difference is what begins to differentiate the EGO. Ego development is imprinted by the instinctual structure of the libido (mouth, anus, genitals).

In other words, self-awareness and bodily activity develop together.



THE EGO

Freud gives the ego several important functions.

1. The ego is guide in reality. It can adapt or change.
2. Conscious perceptions belong to the ego. This is an aspect of the ego turned towards external reality.
3. But the ego also acts as an inhibiting agency. This is another aspect of the ego which is turned internally and functions unconsciously. For instance, the ego's **repression** of the id is unconscious. This is one of the ego's defense functions. These functions are all unconscious.

Here is one example of the ego's defense mechanism.



A MAN 'SAFELY' GRATIFIES AN OEDIPAL IMPULSE BY MARRYING A WOMAN WHO LOOKS LIKE HIS MOTHER.

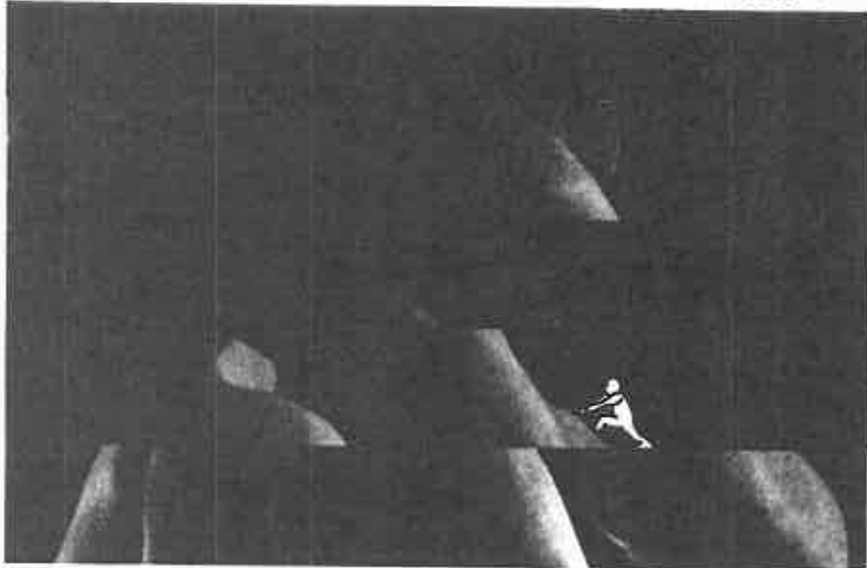
THE SUPER-EGO

The super-ego is not just 'conscience.' It is the heir to the Oedipus complex. Here's how it works.

THE INFANT FEELS DEEP HOSTILITY TOWARDS ITS PARENTS, WHICH IT CANNOT EXPRESS...



SO THE INFANT PROJECTS ITS AGGRESSION ON TO THEM...



WHICH SEEMS REFLECTED BACK AS EXAGGERATED STRICTNESS...

THE INFANT DOES GROW UP-BUT ALWAYS KEEPS...



As the Oedipal impulses are repressed and disappear, their place is taken by the super-ego.

The super-ego is introjected parental authority. It is the result of a defensive effort which prohibits the expression of Oedipal wishes.

Freud turned the conventional view of morality and conscience upside-down!

It is not our strict moral idea which prevents aggressive behavior. Rather, we have a moral idea **because** we renounce aggression.

What happens to religion? Freud discussed this in **The Future of an Illusion** (1928).



Freud was an enemy of all religions. He had no hope for "conscience" based on a repressed part of the personality. He placed his faith in reason and scientific analysis.

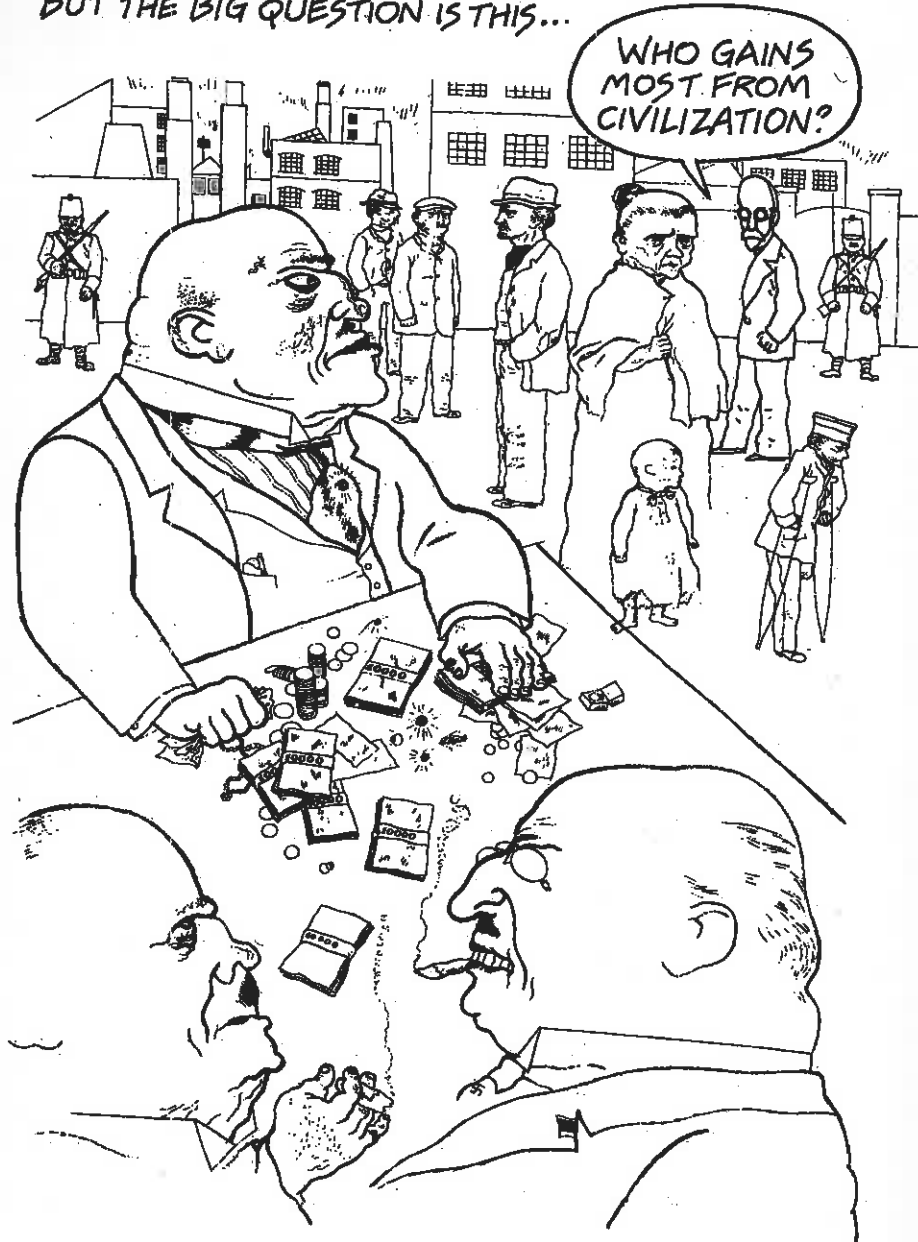
The First World War seemed like an awful proof of the struggle between the Life and Death instincts within civilization.

In **Civilization and Its Discontents** (1930) Freud asked what the value of civilization is.



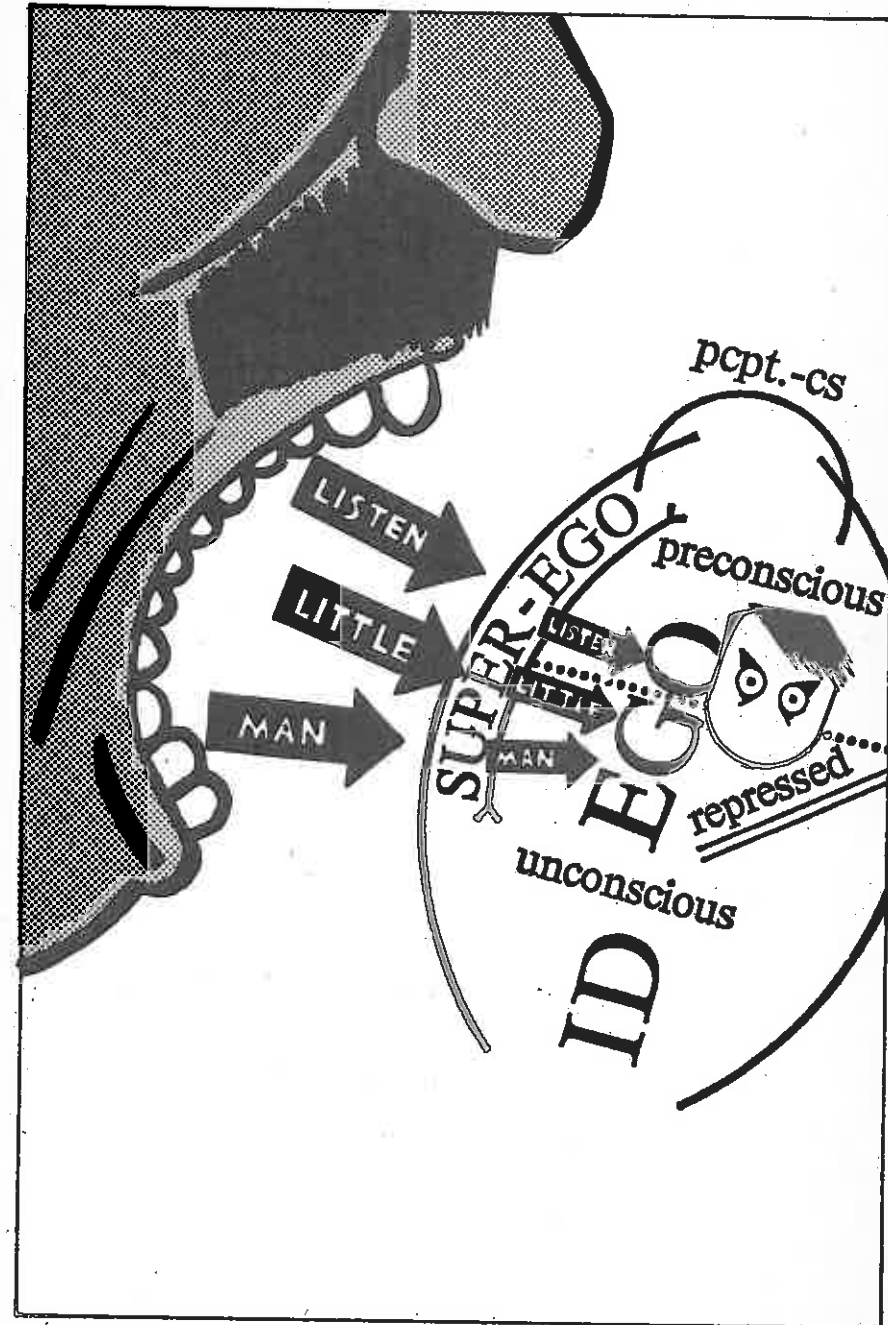
humans may seek pleasure instinctually. But they will actually spend more effort on avoiding pain. Reality provides far more opportunities for experiencing pain than pleasure. So most people will sacrifice pleasure if civilization, in return, can provide them with less suffering.

BUT THE BIG QUESTION IS THIS...

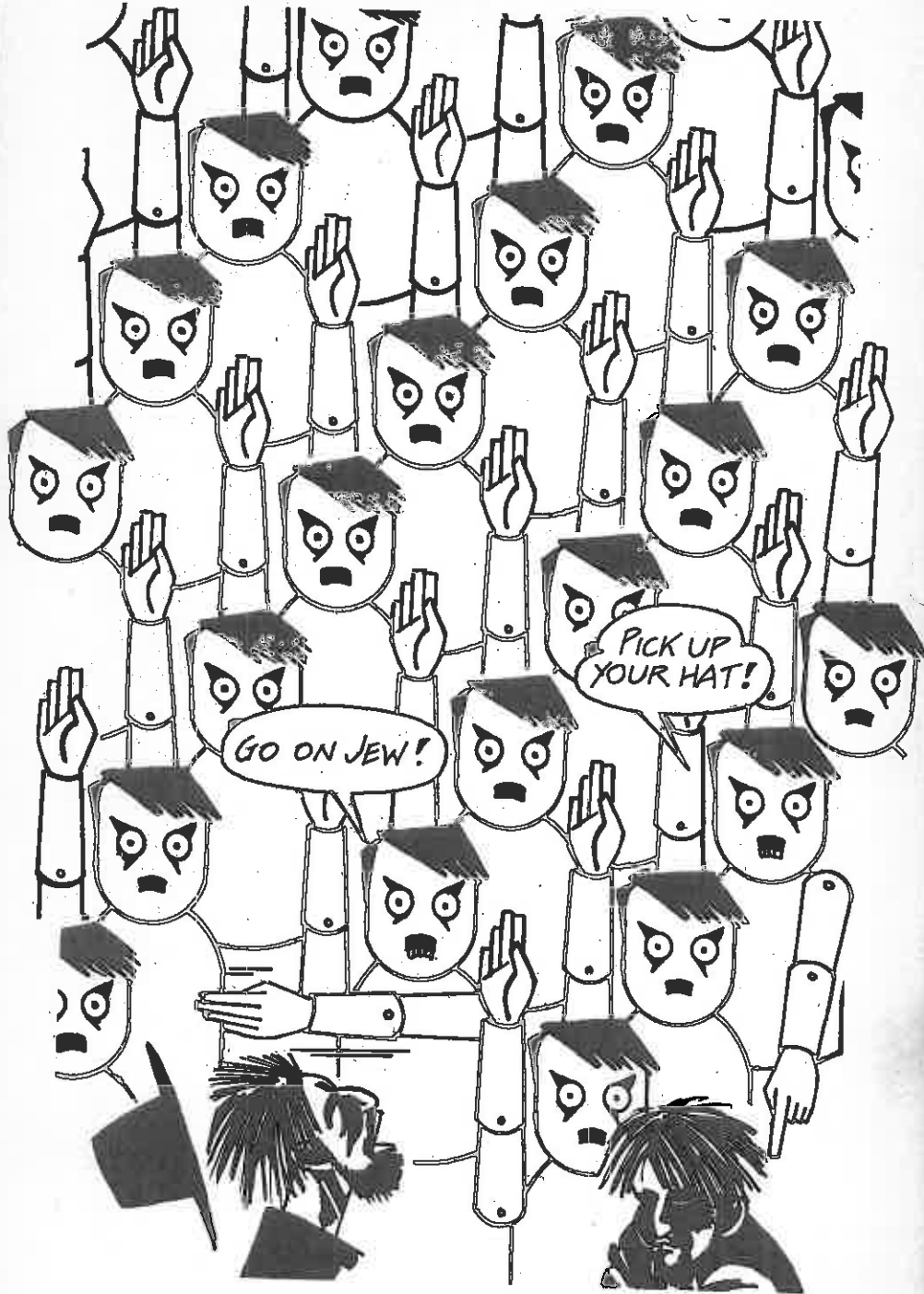


The work which makes civilization possible is supplied by a suppressed majority of people who share too little of its wealth. On this, Freud agreed with Marx.

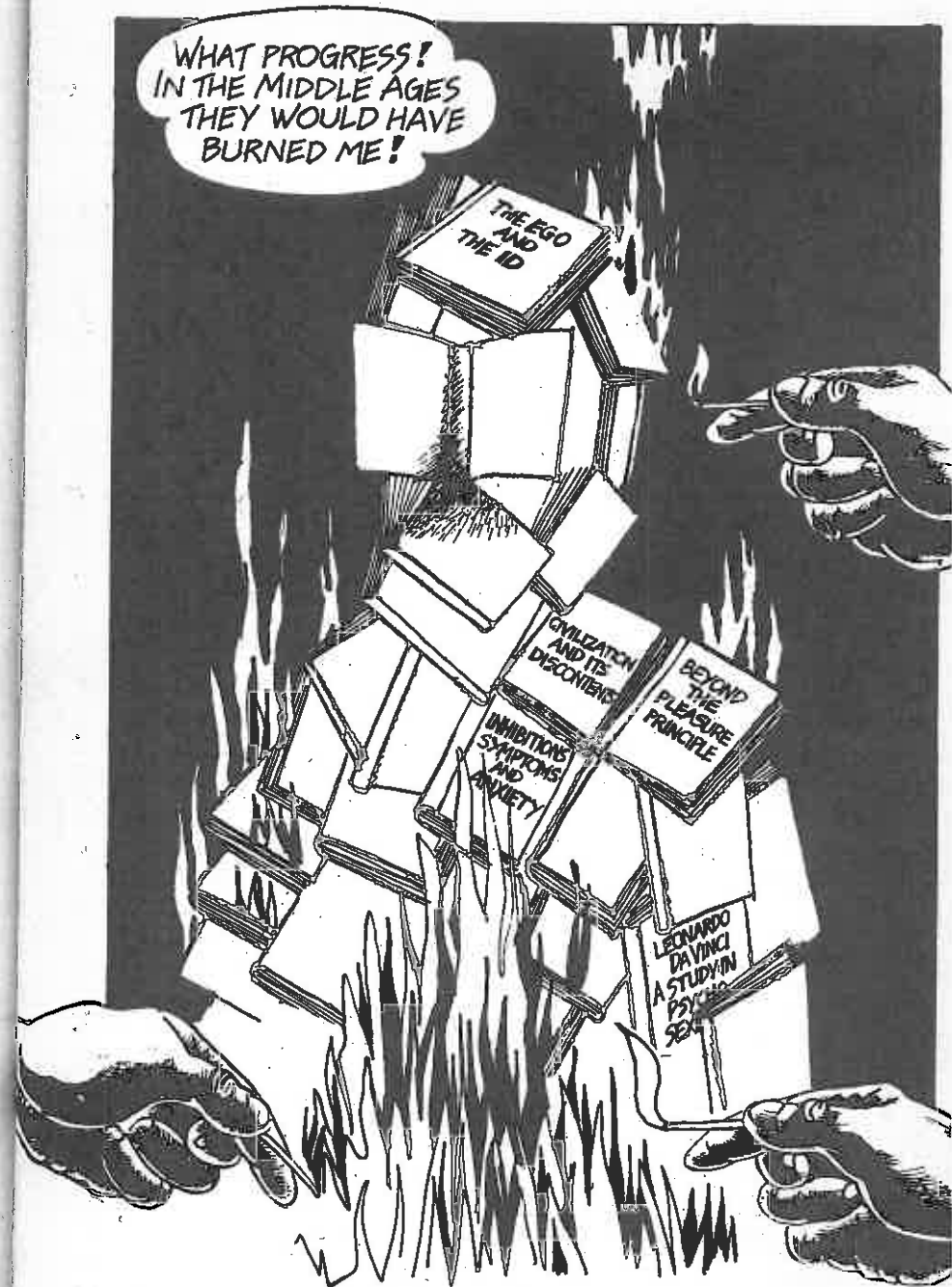
Freud asked himself another question. How do people identify themselves as members of a group or society? Libido-attachment to an object can take place on a mass scale. Individuals put one and the same object in the place of the super-ego. They identify themselves with one another in their ego.



...suppress the super-ego is handed over to one leader?
This produces a very dangerous kind of mass "falling in love"!
Which is what happened in Germany in the '30s!



In Berlin, May 1933, the Nazis burn books by Freud and many other great modern thinkers.



Freud was wrong! The Nazis would have gassed and incinerated him too in one of their death-camps — as in fact happened to millions of other Jews, including Freud's own sisters.