

fe itself; the Greek word psyche even means psychiatry is the study of the inner self, and its health is a direct result of our personality. e supported by the concept of an unconscious expression. From my own healing experience, I ous in the understanding of pain to include and the personal unconscious. Freud's ept of an "unconscious mind" may have been ealth. His contemporary, Carl Jung, went on to onscious. As a result of their work, millions of ing into their unconscious, that part of their ay awareness, yet makes them "tick." ud and Jung are ego-based, or based on the others to see of us is managed by our ego. The siness. Many unsavory aspects and riches of our away into the body by the ego, never to be believe; but the mindbody is a storehouse of fect of internal conflict such as pain or illness th truth, or Self. Ego is the counteracting ict from coming out—from being exposed to g. It is this conflict that lies at the root of pain ool more closely at the key brain-characters in e ego's head-mates—the id and the superego. It ree um-egos that shapes your personality. So, em.

ic primitive urges within the psyche. Sex, thirst, of pain are fundamental instincts of the id. The never grew up or matured, and id never will. nd instincts, id is immutable and everlasting.

consciousness, which is a physical state of existence. In this " and "subconscious mind" are the same thing, and used

Freud's structural theory of the human psyche, a.k.a., personality\*

Our personality is a function of our [id + ego + superego + outer world]

<b>ID</b> The Child	<b>EGO</b> The Adult <i>The repressing referee</i>	<b>SUPEREGO</b> The Moral Parent
<b>OPERATES ON:</b> The pleasure principle.	<b>OPERATES ON:</b> The reality principle.	<b>OPERATES ON:</b> The morals and values principle, <u>solely</u> to repress ID.
<b>AWARENESS:</b> Only in the unconscious.	<b>AWARENESS:</b> Mainly in the conscious, but also at the unconscious.	<b>AWARENESS:</b> Mainly in the conscious, but also at the unconscious.
<b>MOTTO:</b> <i>I want pleasure.</i>	<b>MOTTO:</b> <i>I will use what others want, to get what I want.</i>	<b>MOTTO:</b> <i>I will do what my parents, family, friends, and society want.</i>
<b>DEVELOPS:</b> At birth. All babies are Ids. First aspect of the psyche to develop.	<b>DEVELOPS:</b> In first few years of life.	<b>DEVELOPS:</b> Develops last, 5 years old or late preschool.
<b>FUNCTION:</b> Does what it wants.	<b>FUNCTION:</b> Does what is necessary to survive.	<b>FUNCTION:</b> Does solely what <u>others</u> want.

\* Freud conceptually divided the psyche's structure (or personality) into id, ego, and superego.