

# THE PERSONAL UNCONSCIOUS

## FREUD'S APPROACH

When Freud started working as a psychologist, his main focus was to uncover the issues that caused the psychic disturbance. Initially he used hypnosis but felt that it did not reach the core problem. He started using "free association" and looking at patient's dreams. He believed that dreams identified the hidden desires of the patient and pinned it down to sexual desire. Once these hidden desires were brought into consciousness, the patient's symptoms were relieved.

## JUNG

As Freud, Jung realized that his patient's symptoms were the result of unconscious content which was in conflict with the conscious perspective. But Jung's experience with patient's dreams made him realize that not all problems had a sexual core or a single memory. Repressed memories are not always linked to shame or guilt, but often to other experiences, e.g. betrayal, jealousy, rejection, neglect and abuse. Freud's focus in working with the unconscious was on repressed childhood experiences. Jung, however believed that the personal unconscious was key to analysis of neurosis and its treatment, and his focus was on the present and the future.

## A DEFINITION OF THE PERSONAL UNCONSCIOUS

The Personal Unconscious is everything that I know, but what I am not thinking about at the moment; everything I perceive at every moment through my senses but that I am not conscious of; everything that I think, feel, remember, want and do, but not necessarily aware of; all the future things which is taking shape in me. Over and above this, it also contains painful thoughts, feelings and memories. All the knowledge, attitudes and discriminations we have absorbed from our parents, peers, religion, culture and educational institutions. All these things lie in our personal unconscious and affect our thinking, feeling, perception, behavior and decisions.

## JUNG'S MODEL OF THE PERSONAL UNCONSCIOUS

Jung identified that repressed memories clustered around archetypes and created complexes. These complexes lie in the personal unconscious and formed part of the patient's shadow. The method of therapy involved working with dreams to identify complexes and then bring the content of those complexes into consciousness, in order to relieve the inner tension. Often there were no obvious solution to the crisis, but the psyche would present a transcendent symbol which would guide the individual to transcend the crisis.

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### Video for week 17:

[https://player.vimeo.com/external/332949347.hd.mp4?s=abaac91acec348ba7149ec7e2e651b6a448e5c7a&profile\\_id=175](https://player.vimeo.com/external/332949347.hd.mp4?s=abaac91acec348ba7149ec7e2e651b6a448e5c7a&profile_id=175)

**Books:**

[The Undiscovered Self by C.G. Jung](#)

[Inner Work by Robert Johnson](#)

**Articles:**

<https://thirdeve.com/2008/07/10/the-personal-unconscious/>

[https://www.reddit.com/r/Jung/comments/9mwgfv/rg\\_the\\_personal\\_unconscious\\_is\\_that\\_part\\_of\\_the/](https://www.reddit.com/r/Jung/comments/9mwgfv/rg_the_personal_unconscious_is_that_part_of_the/)

**YouTube videos:**

<https://youtu.be/5bqkB9a0K3c>

*Topic for next week: Complexes*