

The Ego

- Conscious, rational self
- Deals with the id and the demands of society/reality
- Changes and develops with different experiences
- Seeks to please the id's drive in realistic ways that will benefit the long term
- babies are born with an id, but an ego takes years to develop
- Ego makes the id behave properly

The Ego

Examples?

- How I Met Your Mother
- Barney → ID
 - Ted → EGO
 - Marshall → Superego

Superego

- Part of the unconscious mind
- Deals with right and wrong
- Influenced by values of culture and the people we live with
- Can be thought of as a type of conscious that punishes societal misbehaviour with feelings of guilt
- Critical during early childhood development
- Works with the ego

Superego

Examples?

- Superman. [Firefighters]
 Spiderman.
 Franklin.
 Dora

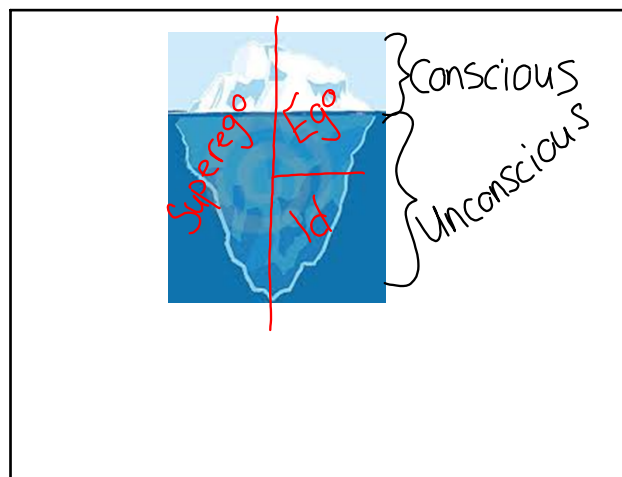
Trio

- 3 characters
 ↳ Each meant to represent one of id, ego, superego
- Leonard → Ego
 Sheldon → Id
 Howard → Superego

Friends

- Ross → Ego
 Joey → ID
 Chandler → Superego

Greys
 Merideth → Ego
 Christina → Id
 Sheppard/Amelia → Superego



Donald Duck Example
 Id - Devil (Sleep)
 Ego - Donald
 Superego - Angel (Society wants him to go to school/work)

Conflict between the Id and Superego
 If a personality had too much of one or the other, what do you think the person would be like?
 What behaviours might they demonstrate?

Too much Id
 - Stealing
 - Eating too much
 - Over sexual
 - Self destructive

Too much superego...
 - Volunteer
 - Limit personal growth
 - Giving too much
 ↳ taken advantage of
 ↳ Rude to you.

What do you do to deal with anxiety/stress/a negative situation?

- | | |
|------------------------|---------------|
| - Bath | - Punch |
| - Cry | - Yell |
| - Breathe | - Stress ball |
| - Breakdown | - Eat |
| - Seek help | - Exercise |
| - Escape (watch TV) | - Sleep |
| | - Fight |

Freud + Personality

- Id, Ego, and Superego are in conflict with one another which creates anxiety
- The Ego must cope with anxiety, and does so through defense mechanisms
- Defense mechanisms reduce or redirect anxiety
- Defense mechanisms are an unconscious act. At the time of coping we do not realize that we are using a defense mechanism, however we make later make this connection.

Defense Mechanisms

Repression

- Pushing unacceptable and anxiety-producing thoughts into the unconscious
- Involves intentional forgetting but it is not consciously done
- Repressed material can be memories or unacceptable impulses
- Example: a rape victim that cannot recall the details of the attack

Regression

- Acting in a way that is characteristic of earlier life stages/earlier stage of personality
- Example: a young adult anxious on a trip to his parents home who sits in the corner reading comic books like he often did in grade school

Reaction Formation

- Replacing an anxiety-producing feeling with its exact opposite
- Typically going overboard
- Repressed thoughts appear as mirror opposites
- Example: a man who is anxious about his interest in gay men begins dating women several times a week

Rationalization

- Creating false but believable excuses to justify inappropriate behaviours
- Real motive for behaviour is not accepted by ego
- Example: a student cheats on an exam explaining that cheating is okay on an unfair exam

Denial

- Claiming and believing that something which is actually false
- Example: a person disbelieves that she is aging, states that they are not getting older

Displacement

- Redirecting emotional feelings to a substitute target
- Involves directing unacceptable impulses onto a less threatening object or person
- Example: a father who is angry by the way his boss treated him, yells at his children

Projection

- Attributing one's own unacceptable feelings or beliefs to others
- Perceiving the external world in terms of one's own personal conflicts
- Example: an employee who is tempted to steal some merchandise, suspects that other employees are stealing

Sublimation

- Substitute socially acceptable behaviour for unacceptable impulses
- Example: playing video games instead of getting in a fight