

## Psychological Analysis: Terms and Concepts Cheat Sheet

**Id, Ego, Superego:** The ego mediates between the inner and external world; the id is the unconscious source of psychic energy, operating for the sole purpose of finding pleasure through gratification of instinctual needs; Formed by parents and social mores, the superego provides discipline and restraint by forcing unacceptable desires back into the unconscious.

**Libido:** The instinctual energies and desires that are derived from the id.

**Yonic** (female) and **Phallic** (male) **Symbols:** Female symbols are concave. Male symbols are longer than they are wide. (No, I'm not kidding.)

**Unconscious** or **Subconscious:** The part of the psychic apparatus that does not ordinarily enter the individual's awareness.

**Oral, Anal, Genital Stages:** Freud believed infancy and childhood were periods of intense sexual experience during which it is necessary to go through three phases of development that serve specific physical needs and then provide pleasure if we are to become healthy adults. The first or oral stage is characterized by sucking, from feeding at mother's breast to sucking one's thumb, to (later) kissing. The second or anal phase is characterized by the recognition of the need for elimination and the presence of another erogenous zone, a part of the body that provides sexual pleasure. The third or genital stage is characterized by the discovery of the pleasure of genital stimulation and is connected, of course, to reproduction. If these childhood needs are not met or these three overlapping stages are not successfully negotiated, the adult person may become fixated on a behavior that serves to fulfill what was not satisfied at an early age.

**Oedipal, Electra Complexes:** At around five, a child reaches the genital stage and is ready to develop a sense of maleness or femaleness. Normally, according to Freud, a young boy forms an unconscious erotic attachment to his mother and consequently resents his father because of his relationship with her. Fearing castration by the father, the boy represses his sexual desires, identifies with the father, and anticipates his own sexual union. Failure to make this step results in an Oedipal complex, with ongoing fear of castration

and hostility to authority in general. According to Freud, the girl child also has a strong attraction to her mother and sees her father as a rival. Realizing she has already been castrated, she develops an attraction for her father, who has the penis she desires (penis envy). When she fails to garner his attentions, she identifies with the mother and anticipates her own male partner.

**Condensation:** Use of a single word or image to articulate two references.

**Isolation:** Understanding something that should be upsetting, but failing to react to it.

**Intellectualization:** Analyzing and rationalizing rather than feeling and reacting. The topic isn't forgotten or ignored, but turned into an intellectual issue.

**Repression:** Selectively forgetting about whatever is troubling.

**Projection:** Denying thoughts and feelings by attributing them to someone else.

**Displacement:** Moving one's feelings from its real target to another (related) one. Usually, a threatening, powerful target is exchanged for a safer one.

**Denial:** Falsifying reality.

**Reversal:** Asserting the opposite of the truth, turning an emotion around.

**Reaction Formation:** Pattern of behavior that repeatedly reverses the truth; an obsessive kind of denial.

**Archetypes:** Universal and recurring images, patterns, or motifs that often appear in literature, art, fairy tales, myths, dreams, and rituals. Examples: Hero, scapegoat, outcast, devil, female figures, trickster, colors, numbers, water, gardens, circles, sun, quest, death and rebirth, initiation, etc.