


● Psychoanalysis: Jung

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Outline



- Components of Personality
- Limited Energy
- Psychological Types
 - Myers-Briggs Type Indicator (MBTI)
- Development
- Life Goals
- Religion

Components of Personality

- Conscious and Unconscious Components
 - Conscious
 - Ego
 - 1 dominant attitude
 - 1 or 2 dominant functions
 - Unconscious
 - Personal Unconscious
 - Complexes
 - Collective Unconscious
 - Archetypes

● **Archetypes**

● An inherited predisposition to respond to certain aspects of the world a certain way

- Persona
- Animus / Anima
- Shadow
- Mother
- Trickster
- Hero
- The Way
- Rebirth
- Wise Old Man



Limited Energy

● Only so much libidinal energy to nourish the psyche (personality)

- If energy is dominant in one aspect of psyche
 - It will be deficient elsewhere
- Striving for balance

● **Principles**

- Principles of Equivalence
- Principle of Opposites
- Principle of Entropy

Psychological Types

● **Attitudes**

- Extrovert vs. Introvert



● **Functions of Thought**

- Sensing vs. Intuiting
- Thinking vs. Feeling



Attitudes

● Extraversion

- Act first, think later
- Feel deprived when cut-off from interaction with the outside world
- Usually motivated by the outside world of people and things
- Enjoy variety and change in people and relationships

● Introversion

- Think first, then act
- Regularly require "private time" to recharge batteries
- Motivated internally
 - Mind is sometimes so active it is "closed" to outside world
- Prefer one-to-one communication and relationships

Irrational Functions

● Sensing

- Live in the present
- Practical and uses common sense solutions
- Memory is rich in detail of facts and past events
- Live based on past experience
- Like clear and concrete information
 - Dislike guessing when facts are "fuzzy"

● Intuiting

- Live in the future
- Imaginative and creative/innovative
- Memory emphasizes patterns, contexts, and connections
- Live based on theoretical understanding
- Comfortable with ambiguous, fuzzy data
 - Make the best possible guess

Rational Functions

● Thinking

- Search for facts and logic to make decisions
- Focus on tasks and work to be accomplished
- Objective and analytical
- Accept conflict as a natural, normal part of relationships with people

● Feeling

- Uses personal feelings and thinks of impact on others when making decisions
- Sensitive to people's needs and reactions
- Seeks consensus and popular opinions
- Unsettled by conflict

Combining Functions

Judging

- Plan before taking action
- Focus on task-related action
- Work best and less stressed when ahead of deadlines
- Use deadlines and standard routines to manage life

Perceiving

- Work it out as you go along
- Like to multitask and need variety
- Work best close to the deadlines
- Need flexibility, freedom and variety

Myers-Briggs

ISTJ

- Cautious, conservative, and quiet
- Literal, realistic, and practical
- Careful and precise
- Logical, honest, and matter of fact
- Resistant to change and comfortable with routine
- Hard working and responsible

Jobs

- Meteorologist
- Paralegal
- Accountant
- Real Estate Broker
- Construction / Building Inspector
- Police Detective
- Agricultural Scientist
- Biomedical Researcher
- Office Manager
- Credit Analyst

ESTJ

- Energetic, friendly, and outspoken
- Productive, organized and efficient
- Realistic and sensible
 - Skeptical about new or untested ideas
- Honest and direct to the point of bluntness
- Quick decision makers, opinionated, traditional, serious, and accountable

Jobs

- Military Officer
- Paralegal
- Real Estate Agent
- Budget Analyst
- Database Manager
- Corporate Financial Attorney
- Pharmacist
- Credit Counsellor
- Insurance Agent
- Teacher (Technical)
- Property Manager

<p>● ISFJ</p> <ul style="list-style-type: none"> ● Cautious, gentle, and thoughtful ● Hesitant until they know people well then affectionate and caring ● Very literal and aware of the physical world ● Uncompromising about personal standards and easily offended ● Diligent and conscientious, organized and decisive 	<p>● Jobs</p> <ul style="list-style-type: none"> ● Dietician ● Librarian ● Interior Decorator ● Paralegal ● Credit Counsellor ● Customer Service Representative ● Bookkeeper ● Hospice Worker ● Guidance Counsellor ● Special Education Teacher ● Genealogist
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<p>● ESFJ</p> <ul style="list-style-type: none"> ● Active, friendly, and energetic ● Outgoing, affectionate, and talkative ● Concerned about others and careful to be polite and cooperative ● Realistic, literal, and conscientious ● Highly sensitive and easily hurt ● Organized, responsible, and conventional 	<p>● Jobs</p> <ul style="list-style-type: none"> ● Real Estate Agent ● Personal Fitness Trainer ● Veterinarian ● Special Education Teacher ● Credit Counsellor ● Registered Nurse ● Home Health Worker ● Massage Therapist ● Athletic Coach ● Food Service / Lodging Owner ● Travel Agent
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<p>● ISTP</p> <ul style="list-style-type: none"> ● Logical, pragmatic, and matter of fact ● Quiet, unassuming, and autonomous ● Realistic, pragmatic, and aloof ● Impulsive and curious about the physical world ● Flexible and resourceful ● Objective and unemotional 	<p>● Jobs</p> <ul style="list-style-type: none"> ● Computer Programmer ● Commercial Pilot ● Crisis Hotline Operator ● Police Officer ● Software Developer ● Paralegal ● Private Investigator ● Fire Fighter ● Physical Therapist ● Pharmacist ● Animal Trainer
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<p>● ESTP</p> <ul style="list-style-type: none"> ● Active, adventurous, and impulsive ● Talkative and curious ● Casual, adaptive, and free spirited ● Logical and calm but capable of great humour, fun, and charm ● Observant and totally present in the moment, literal and practical 	<p>● Jobs</p> <ul style="list-style-type: none"> ● Stockbroker ● Corrections Officer ● Insurance Agent ● Civil Engineer ● Entrepreneur ● Marine Biologist ● Private Investigator ● Tour Agent ● Professional Athlete or Coach ● Developer of Electronic Games
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<p>● ISFP</p> <ul style="list-style-type: none"> ● Kind, humble, and highly empathetic ● Thoughtful, faithful, and affectionate with those they know well ● Sensitive to criticism and easily hurt ● Quiet, soft-spoken, and gentle ● Adaptable, responsive, and curious ● Realistic and down to earth 	<p>● Jobs</p> <ul style="list-style-type: none"> ● Occupational Therapist ● Designer ● Massage Therapist ● Customer Service Representative ● Chef ● Paralegal ● Registered Nurse ● Dental Hygienist ● Travel Agent / Tour Operator ● Home Health Worker ● Drug Addiction Counsellor
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<p>● ESFP</p> <ul style="list-style-type: none"> ● Warm, gregarious, and playful ● Impulsive, curious, and talkative ● Sensitive, caring, and gentle ● Social and unpredictable with a great zeal for life ● Active, responsive, and highly aware of the physical world 	<p>● Jobs</p> <ul style="list-style-type: none"> ● Early Childhood Education ● Physical Therapist ● Social Worker ● Public Relations Specialist ● Radiological Technician ● Occupational Therapist ● Travel Agent / Tour Operator ● Actor ● Veterinarian ● Occupational Therapist ● Marine Biologist
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<p>● INFJ</p> <ul style="list-style-type: none"> ● Creative, original, and independent; Thoughtful, warm, and sensitive ● Global thinkers with great passion for their unique vision ● Cautious, deliberate, and planful ● Organized, productive, and decisive ● Reserved and polite 	<p>● Jobs</p> <ul style="list-style-type: none"> ● Special Education Teacher ● Drug Addiction Counsellor ● Holistic Health Practitioner ● Speech Pathologist ● Career Counsellor ● Environmental Attorney ● Therapist ● Editor / Art Director (Web Sites) ● Writer ● Mediator / Conflict Resolution ● Religious Educator
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<p>● ENFJ</p> <ul style="list-style-type: none"> ● Friendly, outgoing, and enthusiastic ● Affectionate articulate, and tactful ● Highly empathetic but easily hurt ● Creative and original ● Decisive and passionately opinionated, productive, organized, and responsible 	<p>● Jobs</p> <ul style="list-style-type: none"> ● Advertising Account Executive ● Magazine Editor ● Therapist ● Corporate Trainer ● Bilingual Education Teacher ● Fund Raiser ● TV Producer ● Marketing Executive ● Writer / Journalist ● Social Worker ● Human Resources Professional
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<p>● INFP</p> <ul style="list-style-type: none"> ● Quiet, reserved, and kind ● Deeply passionate, sensitive, and easily hurt ● Loving and dedicated to those close to them ● Creative, original, and imaginative ● Curious and flexible in small matters ● Nonconforming 	<p>● Jobs</p> <ul style="list-style-type: none"> ● Psychologist ● Human Resources Professional ● Translator / Interpreter ● Religious Worker ● College Professor: Humanities ● Massage Therapist ● Social Worker ● Librarian ● Fashion Designer ● Holistic Health Practitioner ● Editor / Art Director (Web Site)
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<p>● ENFP</p> <ul style="list-style-type: none"> ● Enthusiastic, talkative, and outgoing ● Clever, curious, and playful ● Deeply caring, sensitive, and gentle ● Highly innovative, creative, optimistic, and unique ● Adaptable and resourceful but sometimes disorganized 	<p>● Jobs</p> <ul style="list-style-type: none"> ● Advertising Account Executive ● Developer of Educational Software ● Actor ● Journalist / Magazine Reporter ● Graphics Designer ● Art Director ● Copy Writer ● Psychologist ● Inventor ● Human Resources Profession ● Child Welfare Counsellor
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<p>● INTJ</p> <ul style="list-style-type: none"> ● Autonomous, aloof, and intellectual ● Imaginative, innovative, and unique ● Critical, analytical, and logical ● Intellectually curious, driven to learn and increase their competence and knowledge ● Socially cautious and reserved ● Organized and definitive 	<p>● Jobs</p> <ul style="list-style-type: none"> ● News Analyst ● Design Engineer ● Biomedical Researcher ● Software Developer ● Psychiatrist ● Cardiologist ● Freelancer Writer ● Media Planner ● Chief Financial Officer ● Webmaster ● Desktop Publishing Specialist
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<p>● ENTJ</p> <ul style="list-style-type: none"> ● Friendly, strong willed, and outspoken ● Honest, logical and demanding of selves and others ● Driven to demonstrate competence ● Creative with a global perspective ● Decisive, organized, and efficient 	<p>● Jobs</p> <ul style="list-style-type: none"> ● Chief Executive Officer ● Politician ● Franchise Owner ● Corporate Finance Attorney ● Personnel Financial Planner ● Real Estate Developer ● Marketing Executive ● Investment Consultant ● Economic Analyst ● Chemical Engineer ● Judge
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● **INTP**

- Quiet, independent, and private
- Logical and unemotional
- Creative, ingenious, and innovative, global thinkers
- Curious and driven to increase their competence
- Casual, and adaptive
- Nonconforming and unpredictable

● **Jobs**

- Computer Software Developer
- Legal Mediator
- Financial Analyst
- Economist
- College Professor
- Musician
- Web Site Designer
- Investigator
- Neurologist
- Pharmaceutical Researcher
- Network Integration Specialist

● **ENTP**

- Friendly, charming, and outgoing
- Quick-witted, energetic, and irreverent
- Ingenious, imaginative, and creative
- Curious, flexible, and unpredictable
- Logical and analytical


● **Jobs**

- Entrepreneur
- Investment Banker
- Marketing Consultant
- Copywriter
- Talk Show Host
- Real Estate Developer
- Actor
- Strategic Planner
- Motivational Speaker
- Internet Marketer
- Advertising Creative Director

Jung's Types


● **Introversive-Rational Types**

- **Introvert- Think**
 - Theory Builders
- **Introvert-Feel**
 - Seekers & Keepers of Human Values





● **Extraversive- Rational Types**

- **Extravert-Think**
 - Commanders, Organizers
- **Extravert- Feel**
 - Harmonizers



- **Introverted-Irrational Types**
 - **Introvert-Sense**
 - Super-Dependable
 - **Introvert-Intuit**
 - Visionary / Prophet
- **Extravertive-Irrational Types**
 - **Extravert-Sense**
 - Supreme Realist
 - **Extravert-Intuit**
 - Innovators








Therapy Matches

- **Therapy to Match Function**
 - **Thinking Function**
 - Psychoanalysis, Transactional Analysis, Rational-emotive Therapy
 - **Intuition Function**
 - Jungian Analysis, Transcendental Meditation
 - **Sense Function**
 - Gestalt Psychotherapy, Behaviour Modification
 - **Feeling Function**
 - Encounter Groups, Psychodrama, Client-Centered Therapy

Development

- **4 Seasons of Life**
 - **Childhood**
 - Pre-sexual Period
 - Pre-pubescent Period
 - **Youth**
 - Adolescence
 - Young Adulthood
 - **Middle Life**
 - Physical & Psychological Change
 - Midlife Crisis
 - **Old Age**
 - Wisdom

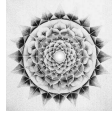
Life Goals

- Self-Realization

- Mandala

- Forces

- Causality
- Teleology
- Synchronicity
- Transcendent Function
- Paradoxical Unity



Religion

- Christ → Symbol of Self

- Synthesis of Opposites
 - Spiritual → Good Christ
 - Material → Bad Antichrist

- Foreshadowing current split in religious research?

- Religion vs. Spirituality
 - Internal vs. External Motivation
