

# Freud's Psychosexual Theory



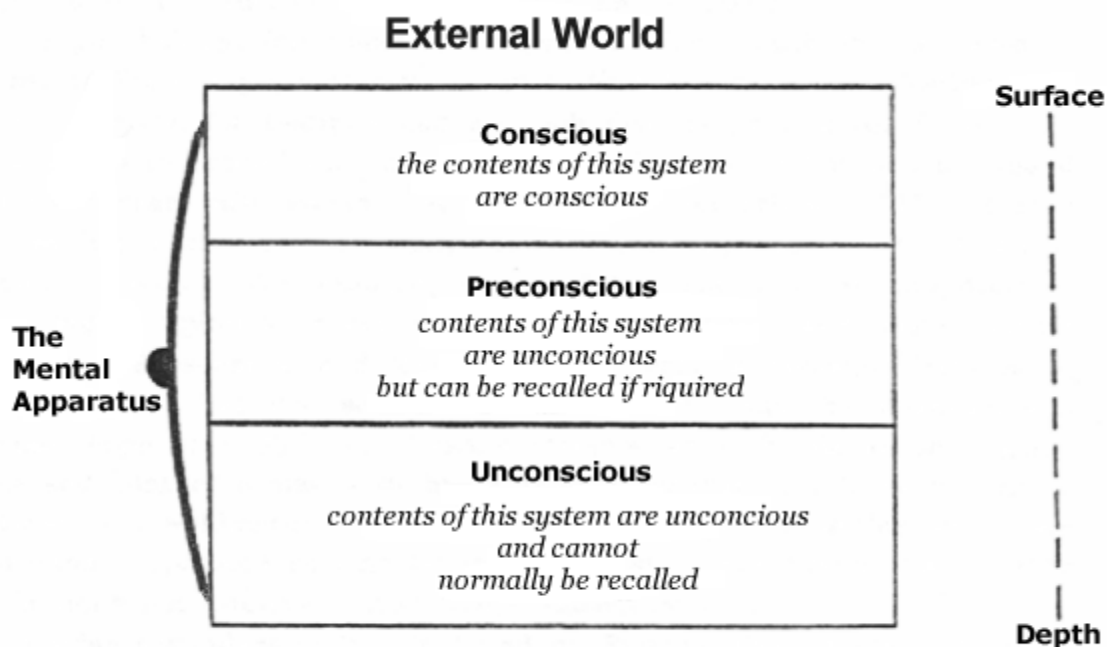
Sigmund Freud, was the founder of psychoanalysis and psychoanalytic theories. These theories are based on the belief that developmental changes occur because of the influence of internal drives and emotions on behavior.

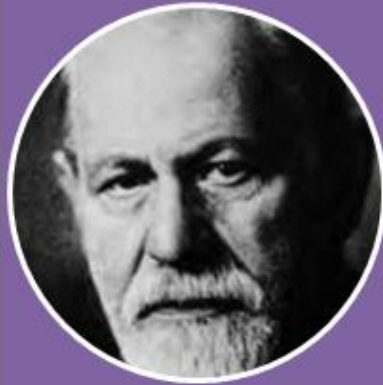
From Freud's psychoanalysis theories psychologists were given one possible insight as to how the conscious and unconscious mind works. Freud believed that there is a constant unconscious drive in humans to seek pleasure, which he called the libido. He argued that the human personality can be divided into three different parts.

**The conscious mind** includes everything that we are aware of. This is the aspect of our mental processing that we can think and talk about rationally.

**Preconscious** is our memory, which is not always part of consciousness but can be retrieved easily at any time and brought into our awareness.

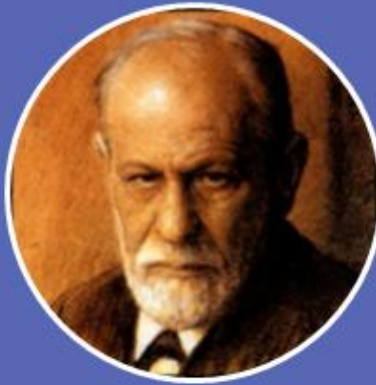
**The unconscious mind** is a reservoir of feelings, thoughts, urges, and memories that outside of our conscious awareness. Most of the contents of the unconscious are unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict. According to Freud, the unconscious continues to influence our behavior and experience, even though we are unaware of these underlying influences.





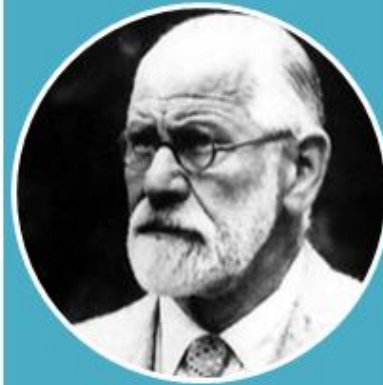
### ID

- Composed of biological, instinctual drives.
- Innate (born with it)
- Seeks immediate, indiscriminate gratification.
- Source of all mental energy
- Obeys the *pleasure principle*: Pleasure is good and – nothing else matters
- Gratifying urges returns body to homeostasis.
- Libido – biological force/energy underlying pleasure-seeking activity
- Thanatos – the death instinct



### EGO

- Organized, rational, reality-oriented system.
- Develops first 2 years of life as infant experiences reality
- Holds id in check until suitable object is found
- Helps id achieve gratification within confines of reality
- Prevents id drives from violating superego principles
- Obeys the *reality principle*: Behavior takes into account the external world



### SUPEREGO

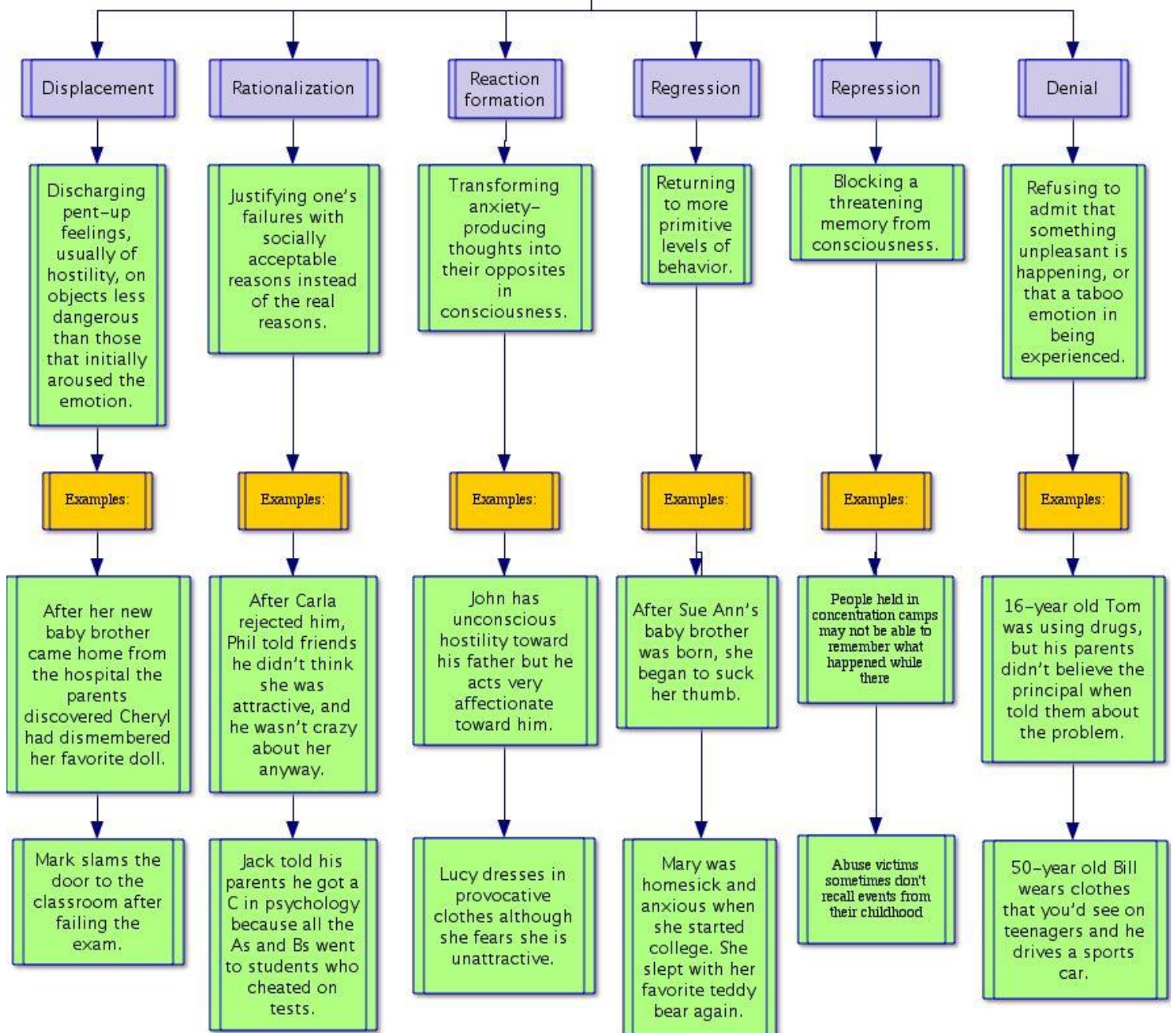
- Learned
- Inhibits (or “brakes”) id urges
- Strives for perfection
- “Irrational,” operates on extremes – good or bad
- Ego ideals – The person we’d like to be
- Developed through rewards
- Conscience – Right and wrong
- Developed through punishment
- Formed around age 5 via Oedipal complex resolution

## Freud’s Structural Model

When these components are in conflict with one another it creates tension and emotional problems. To get rid of this tension a person might use ***defense mechanisms*** which are ways of thinking about a situation to reduce anxiety.

Without defense mechanisms, Freud believed that the person with conflicting personality components would be under so much stress that they develop mental illness or kill themselves.

# Defense Mechanisms



## ► Freud's Psychosexual Stages of Development



**ORAL** 0-2  
Infant achieves gratification through oral activities such as feeding, thumb sucking and babbling.



**ANAL** 2-3  
The child learns to respond to some of the demands of society (such as bowel and bladder control).



**PHALLIC** 3-7  
The child learns to realize the differences between males and females and becomes aware of sexuality.



**LATENCY** 7-11  
The child continues his or her development but sexual urges are relatively quiet.



**GENITAL** 11-Adult  
The growing adolescent shakes off old dependencies and learns to deal maturely with the opposite sex.

<b>Stages</b>	<b>Ages</b>	<b>Major Development (&amp; Focus of Libido)</b>
Oral:	0 to 1	Weaning off of breast feed or formula (Mouth, Tongue, Lips)
Phallic:	1 to 3	Toilet Training (Anus)
Latency:	3 to 6	Resolving Oedipus/Electra Complex (Genitals)
Anal :	6 to 12	Developing defense Mechanisms
Genital:	12+	Reaching full Sexual Maturity (Genitals)

**The Oedipus complex:** is a collection of the feelings a young boy has during their phallic stage. According to Freud, boys this age are supposed to have very strong feelings for their mother and because of those feelings they develop a jealousy toward their father. Sometimes the feelings are so strong that they want to kill their father.

**The Elektra Complex:** For girls their attraction to their father will result in feelings of distaste for their mothers.