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Chapter 2—Sigmund Freud: Psychoanalysis

MULTIPLE CHOICE

1. Sigmund Freud's theory of personality and system of therapy for treating mental disorders is known as _____.
   a. psychosomatics
   b. psychomeditation
   c. psychoanalysis
   d. psychiatry

   ANS: C
   PTS: 1
   A-HEAD: Introduction
   REF: 37
   FEEDBACK: Sigmund Freud's theory of personality and system of therapy for treating mental disorders is known as psychoanalysis. This system was the first formal theory of personality and is still the best known.

2. During his childhood, Freud revealed a deep sense of _____ toward his mother.
   a. hatred
   b. attachment
   c. dependence
   d. anger

   ANS: B
   PTS: 1
   A-HEAD: The Life of Freud (1856–1939)
   REF: 38
   FEEDBACK: Freud's mother was very attractive and she was extremely protective and loving toward Sigmund, her first son. Freud felt a passionate, even sexual, attachment to her, a relationship that set the stage for his concept of the Oedipus complex.

3. Freud believed _____ to be the primary cause of all neuroses.
   a. sexual conflicts
   b. hating one's parents
   c. unresolved guilt
   d. frequent illness in childhood

   ANS: A
   PTS: 1
   A-HEAD: The Life of Freud (1856–1939)
   REF: 39
   FEEDBACK: After several years in clinical practice, Freud was increasingly convinced that sexual conflicts were the primary cause of all neuroses. He claimed that the majority of his women patients reported traumatic sexual experiences from their childhoods.

4. Paradoxical to his own theory, Freud believed that the sex act was _____.
   a. holy
   b. degrading
   c. uplifting
   d. impressive

   ANS: B
   PTS: 1
   A-HEAD: The Life of Freud (1856–1939)
   REF: 40
   FEEDBACK: It is a paradox that Freud, who emphasized the importance of sex in emotional life, experienced so many personal sexual conflicts. The sex act was degrading, he wrote, because it contaminated both mind and body.

5. Which of the following statements is true of Freud's opinion of America?

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a. He refused to accept any formal recognition from the American psychological community.
b. He complained about America's informality, although it helped bring him worldwide fame.
c. He founded the American Psychoanalytic Association and the New York Psychoanalytic Society.
d. He cherished his visit to the United States and spoke highly of its way of life.

ANS: B
PTS: 1
A-HEAD: The Life of Freud (1856–1939)
REF: 42
FEEDBACK: In 1909, Freud received formal recognition from the American psychological community. He was invited to give a series of lectures at Clark University in Worcester, Massachusetts, and to receive an honorary doctoral degree. Although grateful for the honor, Freud did not like the United States, and complained about its informality, bad cooking, and scarcity of bathrooms.

6. According to Freud, _____ are the motivating forces that drive behavior and determine its direction.
a. fantasies
b. moral beliefs
c. defense mechanisms
d. instincts

ANS: D
PTS: 1
A-HEAD: Instincts: The Propelling Forces of the Personality
REF: 43
FEEDBACK: Freud wrote that instincts were the basic elements of the personality, the motivating forces that drive behavior and determine its direction. Instincts are a form of energy—transformed physiological energy—that connects the needs of the body with the wishes of the mind.

7. Freud's German term for the motivating forces that drive behavior and determine its direction is:
a. *Trieb*.
b. *Druck*.
c. *Mentalität*.
d. *Bedarf*.

ANS: A
PTS: 1
A-HEAD: Instincts: The Propelling Forces of the Personality
REF: 43
FEEDBACK: Freud wrote that instincts were the basic elements of the personality, the motivating forces that drive behavior and determine its direction. Freud's German term for this concept is *Trieb*, which is a driving force or impulse.

8. Which of the following statements is true of instincts as described by Freud?
a. An instinct is a state of physiological excitation or energy.
b. When the body is in a state of need, a person experiences a feeling of calmness.
c. The aim of an instinct is to satisfy a need and thereby reduce feelings of tension.
d. It is always possible to escape the pressure of our physiological needs.

ANS: C
PTS: 1
A-HEAD: Instincts: The Propelling Forces of the Personality
REF: 43
FEEDBACK: When the body is in a state of need, the person experiences a feeling of tension or pressure. The aim of an instinct is to satisfy the need and thereby reduce the tension.

9. On which of the following is Freud's theory as a homeostatic approach based?

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a. Balance and equilibrium
b. Homosexuality and heterosexuality
c. Sexual fantasies from childhood
d. None of these are correct.

ANS: A
PTS: 1
A-HEAD: Instincts: The Propelling Forces of the Personality
REF: 43
FEEDBACK: When the body is in a state of need, a person experiences a feeling of tension or pressure. Freud's theory is therefore a homeostatic approach, meaning that we are motivated to restore and maintain a condition of physiological equilibrium, or balance, to keep the body free of tension.

10. Which of the following is the exclusive source of energy for human behavior?
a. Personal opinions
b. Ego
c. Instincts
d. Id

ANS: C
PTS: 1
A-HEAD: Instincts: The Propelling Forces of the Personality
REF: 43
FEEDBACK: Although the instincts are the exclusive source of energy for human behavior, the resulting energy can be invested in a variety of activities. This helps explain the diversity we see in human behavior.

11. According to Freud, what are the two primary types of instincts?
a. Sex and habits
b. Life and death
c. Food and hunger
d. Pleasure and desire

ANS: B
PTS: 1
A-HEAD: Instincts: The Propelling Forces of the Personality
REF: 44
FEEDBACK: Freud grouped the instincts into two categories: life instincts and death instincts. The life instincts serve the purpose of survival of the individual and the species. The death instincts relate to the unconscious drive toward decay, destruction, and aggression.

12. According to Freud, _____ serve the purpose of survival of the individual and the species by seeking to satisfy the needs for food, water, air, and sex.
a. peak experiences
b. life instincts
c. needs for esteem and social recognition
d. organismic valuing processes

ANS: B
PTS: 1
A-HEAD: Instincts: The Propelling Forces of the Personality
REF: 44
FEEDBACK: Freud grouped the instincts into two categories: life instincts and death instincts. Life instincts are the drive for ensuring survival of the individual and the species by satisfying the needs for food, water, air, and sex.

13. According to Freud, _____ is the form of psychic energy, manifested by the life instincts, that drives a person toward pleasurable behaviors and thoughts.
a. libido
b. cathexis
c. catharsis
d. mood

ANS: A
PTS: 1

A-HEAD: Instincts: The Propelling Forces of the Personality
REF: 44
FEEDBACK: The psychic energy manifested by the life instincts is the libido. The libido can be attached to or invested in objects, a concept Freud called cathexis.

14. According to Freud, _____ refers to the investment of psychic energy in an object or person.
    a. libido
    b. cathexis
    c. instinct
    d. aggressive drive

    ANS: B
    PTS: 1
    A-HEAD: Instincts: The Propelling Forces of the Personality
    REF: 44
    FEEDBACK: The psychic energy manifested by the life instincts is the libido. The libido can be attached to or invested in objects, a concept Freud called cathexis. Cathexis is an investment of psychic energy in an object or person.

15. Freud regarded _____ as our primary motivation.
    a. sex
    b. reliability
    c. fear
    d. morality

    ANS: A
    PTS: 1
    A-HEAD: Instincts: The Propelling Forces of the Personality
    REF: 44
    FEEDBACK: Freud regarded sex as our primary motivation. He suggested that people are predominantly pleasure-seeking beings, and much of his personality theory revolves around the necessity of inhibiting or suppressing our sexual longings.

16. Freud considered _____ as compelling a part of human nature as sex.
    a. passion
    b. morality
    c. aggression
    d. resistance

    ANS: C
    PTS: 1
    A-HEAD: Instincts: The Propelling Forces of the Personality
    REF: 44
    FEEDBACK: One component of the death instincts is the aggressive drive, which Freud saw as the wish to die turned against objects other than the self. Freud came to consider aggression as compelling a part of human nature as sex.

17. Later in Freud's life, _____ and _____ affected him deeply and thus became major themes in his theory as well as in his in own life.
    a. death; aggression
    b. conflicts; disagreements
    c. sex; fantasies
    d. disease; helplessness

    ANS: A
    PTS: 1
    A-HEAD: Instincts: The Propelling Forces of the Personality
    REF: 44
    FEEDBACK: Freud developed the notion of the death instincts later in his life, as a reflection of his own experiences. As a result, death and aggression became major themes in his theory, and in his own life as well.

18. The _____ includes all the sensations and experiences of which we are aware at any given moment.

a. conscious
b. preconscious
c. postconscious
d. unconscious

ANS: A
PTS: 1
A-HEAD: The Levels of Personality
REF: 44
FEEDBACK: The conscious, as Freud defined the term, corresponds to its ordinary everyday meaning. It includes all the sensations and experiences of which we are aware at any given moment.

19. The preconscious:
a. describes our dream life.
b. is stored in the pre-frontal cortex of the brain.
c. describes our values and morals.
d. is the storehouse for our memories, thoughts, and perceptions.

ANS: D
PTS: 1
A-HEAD: The Levels of Personality
REF: 45
FEEDBACK: Between the two levels of the conscious and the unconscious is the preconscious. This is the storehouse of all our memories, perceptions, and thoughts of which we are not consciously aware at the moment but that we can easily summon into consciousness.

20. In the context of the structure of personality, the preconscious resides within:
a. the id.
b. the ego.
c. the superego.
d. both the id and the superego.

ANS: B
PTS: 1
A-HEAD: The Structure of Personality
REF: 45
FEEDBACK: The preconscious is the storehouse of all our memories, perceptions, and thoughts of which we are not consciously aware at the moment. A growing child is taught to deal intelligently and rationally with other people and the outside world and to develop the powers of perception, recognition, judgment, and memory. These powers are contained in the ego.

21. Of the three levels of personality, the _____ strives for immediate satisfaction of its needs and does not tolerate delay or postponement of satisfaction for any reason.
a. mirror self
b. id
c. ego
d. superego

ANS: B
PTS: 1
A-HEAD: The Structure of Personality
REF: 46
FEEDBACK: The three basic structures in the anatomy of the personality are the id, the ego, and the superego. The id strives for immediate satisfaction of its needs and does not tolerate delay or postponement of satisfaction for any reason. It knows only instant gratification; it drives us to want what we want when we want it, without regard for what anyone else wants.

22. The ego-ideal, which is the second part of the superego, consists of:
a. those behaviors for which children are punished.
b. good or correct behaviors for which children are praised.
c. the reality principle and its strivings for the ideal ego.

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d. ideals and principles the ego has rejected.

ANS: B
PTS: 1
A-HEAD: The Structure of Personality
REF: 47
FEEDBACK: The superego consists of a set of forces—a powerful and largely unconscious set of dictates or beliefs—that we acquire in childhood: our ideas of right and wrong. The second part of the superego is the ego-ideal, which consists of good, or correct, behaviors for which children have been praised.

23. Freud made _____ an important part of his personality theory, asserting that it is fundamental to the development of all neurotic and psychotic behavior.
a. pleasure
b. guilt
c. disgust
d. anxiety

ANS: D
PTS: 1
A-HEAD: Anxiety: A Threat to the Ego
REF: 47
FEEDBACK: Freud made anxiety an important part of his personality theory, asserting that it is fundamental to the development of all neurotic and psychotic behavior. He suggested that the prototype of all anxiety is the birth trauma.

24. In children, temper tantrums, manipulating parents, and destructive behaviors are formed in the:
a. latency stage.
b. phallic stage.
c. oral stage.
d. anal stage.

ANS: D
PTS: 1
A-HEAD: Psychosexual Stages of Personality Development
REF: 54
FEEDBACK: In the anal stage, if the toilet training of a child is not going well, the child may react in one of two ways. To Freud, the first reaction was the basis for many forms of hostile and sadistic behavior in adult life, including cruelty, destructiveness, and temper tantrums. The second reaction produces a feeling of erotic pleasure (derived from a full lower intestine, Freud said) and can be a successful technique for manipulating the parents.

25. Which of the following is true in the context of penis envy as described by Freud?
a. Woman have underdeveloped sex organs and capacities compared to men.
b. Unlike men, women can never be fully developed until they have a female child.
c. Girls can have a poorly developed superego due to the female Oedipus complex.
d. Boys can have an inferiority complex, more so than girls, as a result of penis envy.

ANS: C
PTS: 1
A-HEAD: Psychosexual Stages of Personality Development
REF: 56
FEEDBACK: According to Freud, a girl develops penis envy, which is a counterpart to a boy's castration anxiety. This female Oedipus complex, Freud suggested, can never be totally resolved, a situation he believed led to poorly developed superegos in women.

26. The purpose of Freud's techniques of dream analysis and free association:
a. is to evaluate, assess, or find the unconscious.
b. is to depict humans in gloomy, pessimistic terms.

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c. is to eliminate a patient's set of sexual desires and wants.
d. is to suppress sexual tensions and frustrations.

ANS: A
PTS: 1
A-HEAD: Assessment in Freud's Theory
REF: 58
FEEDBACK: The goal of Freud's system of psychoanalysis was to bring the repressed memories, fears, and thoughts in the unconscious back into conscious awareness. To evaluate, assess, or even find this invisible portion of the mind in this dark arena that is otherwise inaccessible to us, Freud developed two methods of assessment: free association and dream analysis.

27. All of the following are associated with Freud's investigation of the unconscious *except*:
a. free association.
b. dream analysis.
c. resistances.
d. questionnaires.

ANS: D
PTS: 1
A-HEAD: Assessment in Freud's Theory
REF: 58, 59
FEEDBACK: To evaluate, assess, or even find the unconscious, which is the invisible portion of the mind and a dark arena that is otherwise inaccessible to us, Freud developed two methods of assessment: free association and dream analysis. In free association, a resistance is a blockage or refusal to disclose painful memories.

28. Freud's techniques of assessment:
a. exclude dreams of a sexual basis.
b. rely heavily on self-report inventories.
c. reveal a great deal of repressed material.
d. focus on conscious experiences.

ANS: C
PTS: 1
A-HEAD: Assessment in Freud's Theory
REF: 60
FEEDBACK: The Freudian assessment techniques—free association and dream analysis—reveal to the psychoanalyst a great deal of repressed material, but all of it is in disguised or symbolic form.

29. Freud's research can be criticized for all of the following points *except*:
a. he did not look deeply into the psyche.
b. his data was not gathered in a systematic fashion.
c. he made very few attempts to verify the accuracy of his patients' reports.
d. his sample of subjects was small and unrepresentative of the general population.

ANS: A
PTS: 1
A-HEAD: Criticisms of Freud's Research
REF: 60, 61
FEEDBACK: A fundamental criticism of Freud's case studies involves the nature of his data. It does not rely on objective observation, the data are not gathered in systematic fashion. Freud made few attempts to verify the accuracy of a patient's stories. Another criticism of Freud's research is that it is based on a small and unrepresentative sample of people.

30. Freud used the case study method for his psychological research. One of the disadvantages of this method is that:
a. he used a small and unrepresentative sample of those he studied.
b. it was impossible to probe into his patients' childhood years.

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c. he could not find consistencies and patterns, which were important to develop his theory.
d. it could not point out any particular causal factor in neurotic behavior.

ANS: A
PTS: 1
A-HEAD: Criticisms of Freud's Research
REF: 61
FEEDBACK: A criticism of Freud's research is that it is based on a small and unrepresentative sample of people, restricted to himself and those who sought psychoanalysis with him. It is difficult to generalize from this limited sample to the population at large.

31. One problem with Freud's published case histories is that they:
a. simply repeat the notes he took during the sessions with patients.
b. are based primarily on statements made under hypnosis.
c. sometimes differ from the notes he made after each session with a patient.
d. are based primarily on dream analyses.

ANS: C
PTS: 1
A-HEAD: Criticisms of Freud's Research
REF: 61
FEEDBACK: There were discrepancies between Freud's notes on his therapy sessions and the case histories he published, which supposedly were based on these notes. The published version of a particular case did not agree with the notes Freud made after his sessions with the patient.

32. Attempts at scientifically validating Freudian concepts indicate that:
a. not one of Freud's ideas has scientific support.
b. almost all of Freud's ideas have scientific support.
c. there is scientific support for only some of Freud's ideas.
d. Freudian ideas cannot be investigated scientifically.

ANS: C
PTS: 1
A-HEAD: Criticisms of Freud's Research
REF: 62
FEEDBACK: In the years since Freud's death, many of his ideas have been submitted to experimental testing. An analysis of some 2,500 studies evaluated the scientific credibility of some of Freud's ideas. In this evaluation, case histories were not considered.

33. Freud's concepts of the ego, id, and libido:
a. have a high degree of objectivity.
b. have great credibility.
c. are reinforced and supported in research.
d. could not be tested experimentally.

ANS: D
PTS: 1
A-HEAD: Criticisms of Freud's Research
REF: 62
FEEDBACK: Researchers found that some Freudian concepts—notably the id, ego, superego, death wish, libido, and anxiety—could not be tested by the experimental method. Every effort was made to restrict the investigation to data thought to have a high degree of objectivity.

34. Much research on the nature of the unconscious involves _____ in which stimuli are presented to people below their level of conscious awareness.
a. catharsis
b. cathectic attachment
c. subliminal perception
d. sublimation

ANS: C
PTS: 1
A-HEAD: Criticisms of Freud's Research
REF: 63
FEEDBACK: Much research on the nature of the unconscious involves subliminal perception in which stimuli are presented to people below their level of conscious awareness. The word subliminal derives from "sub," meaning below, and "limen," meaning threshold.

35. Which of the following Freudian ideas has *not* been supported by research?
    a. The personality being subject to little change after age five
    b. The existence of verbal "Freudian" slips
    c. The existence of the unconscious
    d. The defense mechanism of repression

    ANS: A
    PTS: 1
    A-HEAD: Criticisms of Freud's Research
    REF: 71
    FEEDBACK: Freud proposed that personality was formed by about the age of 5 and was subject to little change after that. However, although there is no denying that our first 5 years of life affect our personality, it is now obvious that personality continues to develop well beyond that time.

36. An example of a Freudian slip would be:
    a. "Oops, I forgot to lock the door!"
    b. "Is my slip showing?"
    c. "The fact that I lost my wallet came as a sham dock to me!"
    d. "I thought I brought my car keys with me, but I left them at home."

    ANS: C
    PTS: 1
    A-HEAD: Criticisms of Freud's Research
    REF: 71
    FEEDBACK: According to Freud, what appears to be ordinary forgetting or a casual lapse in speech is actually a reflection of unconscious motives or anxieties. This is known as the Freudian slip. An example of this is the mention of "sham dock" instead of "damn shock" as seen in the following statement: "The fact that I lost my wallet came as a sham dock to me!"

37. Childhood sexual abuse:
    a. can be debilitating through life and, in reality, is more widespread than Freud envisioned.
    b. is removed out of a person's awareness and later reliably recovered.
    c. can result from the occurrence of Freudian slips.
    d. is to be ignored and dismissed as unreal by a therapist counseling a victim.

    ANS: A
    PTS: 1
    A-HEAD: Criticisms of Freud's Research
    REF: 73
    FEEDBACK: It is important to keep in mind that childhood sexual abuse does occur. It is a haunting reality for many people and far more widespread than Sigmund Freud envisioned in the 19th century. The effects can be debilitating.

38. Identify a true statement in the context of Loftus's studies concerning false memories.
    a. A therapist could implant false memories knowingly or unknowingly.
    b. A person's memories can't always be judged as true.

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c. "Repressed" memories of childhood may not be accurate in reality.
d. All of these are correct.

ANS: D
PTS: 1
A-HEAD: Criticisms of Freud's Research
REF: 73
FEEDBACK: Elizabeth Loftus concluded that overall, there is little support for the notion that trauma is commonly banished out of awareness and later reliably recovered by processes beyond ordinary forgetting and remembering. There can be no doubt that memories for factually fake as well as impossible, or at least highly improbable, horrific traumatic events were developed or implanted, particularly among persons subjected to suggestive memory recovery procedures.

39. Which of the following statements is true of Anna Freud?
a. She rejected Freud's theory of psychoanalysis and developed her own, distinct theory.
b. She had a happy childhood and was her mother's favorite child.
c. She became the only one of Freud's six children to follow in his path.
d. She was held in high regard by her siblings and spent most of her time with them.

ANS: C
PTS: 1
A-HEAD: Extensions of Freudian Theory
REF: 73
FEEDBACK: Anna Freud was an unhappy child who was jealous of the older sister favored by her mother and was ignored by her other siblings. Despite that beginning, she became the only one of Freud's six children to follow in his path.

40. Anna Freud's 4 years of psychoanalysis with her father led one of the historians to call this:
a. "an experience of being bored and left alone."
b. "an impossible and incestuous treatment."
c. "odd states of mind not intelligible to consciousness."
d. "collections of marginally neurotic episodes."

ANS: B
PTS: 1
A-HEAD: Extensions of Freudian Theory
REF: 73
FEEDBACK: At 22, Anna Freud began 4 years of psychoanalysis with her father. One historian called it "an impossible and incestuous treatment . . . an Oedipal acting-in at both ends of the couch."

41. In her analysis with her father, Anna Freud reported dreams of:
a. shooting, killing, and dying.
b. intense hate for her father and siblings.
c. betraying her father to his enemies.
d. her longing for other women.

ANS: A
PTS: 1
A-HEAD: Extensions of Freudian Theory
REF: 74
FEEDBACK: At 22, Anna began 4 years of psychoanalysis with her father. In her analysis, Anna Freud reported violent dreams involving shooting, killing, and dying, as well as defending her father from his enemies.

42. When presenting a paper entitled *Beating Fantasies and Daydreams*, Anna Freud:
a. described the experiences of one of her maids.
b. spoke of a respectful relationship between a father and his daughter.

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c. related her own fantasies of a physical beating.
d. questioned Sigmund Freud's role as her father.

ANS: C
PTS: 1
A-HEAD: Extensions of Freudian Theory
REF: 74
FEEDBACK: Anna Freud joined the Vienna Psychoanalytic Society, presenting a paper entitled *Beating Fantasies and Daydreams.* Although she claimed to be describing the experiences of a patient, she was actually relating her own fantasies. She spoke of an incestuous love relationship between father and daughter, a physical beating, and sexual gratification through masturbation.

43. In the series of dreams that Anna Freud had about her father many years after his death, the main role was played by:
a. her mother.
b. her love for her teachers.
c. her older sister.
d. her father's longing for her.

ANS: D
PTS: 1
A-HEAD: Extensions of Freudian Theory
REF: 74
FEEDBACK: Several years after her father died, Anna Freud described a series of dreams she had about him. "He is here again. All of these recent dreams have the same character: the main role is played not by my longing for him but rather his longing for me."

44. Anna Freud's analytic work was with:
a. children.
b. adults.
c. the youth.
d. the elderly.

ANS: A
PTS: 1
A-HEAD: Extensions of Freudian Theory
REF: 74
FEEDBACK: Whereas Sigmund Freud had worked only with adults, attempting to reconstruct their childhoods by eliciting their recollections and analyzing their fantasies and dreams, Anna worked only with children.

45. What were Sigmund Freud's views on Anna's work on child analysis?
a. He disapproved of her work as it contradicted his theory.
b. He did not share her views on child analysis.
c. He stated that her views were obtained from his work on adults.
d. He believed she developed her views out of her own independent experience.

ANS: D
PTS: 1
A-HEAD: Extensions of Freudian Theory
REF: 74
FEEDBACK: In 1927, Anna Freud published *Four Lectures on Child Analysis*. Sigmund Freud approved of her work: "Anna's views on child analysis are independent of mine; I share her views, but she has developed them out of her own independent experience."

46. According to Anna Freud, which of the following is true of the ego?
a. It tries to compromise between the id and reality.
b. It serves as a bridge between the id and primary-process thought.
c. It depends on both the primary-process thought and the secondary-process thought.

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d. It operates independently of the id.

ANS: D
PTS: 1
A-HEAD: Extensions of Freudian Theory
REF: 74
FEEDBACK: Anna Freud substantially revised orthodox psychoanalysis by greatly expanding the role of the ego, arguing that the ego operates independently of the id. This was a major extension of the Freudian system that involved a fundamental and radical change.

47. Anna Freud is known for her theory of:
a. Freudian psychoanalysis.
b. id, ego, and superego identity.
c. ego psychology.
d. object relations.

ANS: C
PTS: 1
A-HEAD: Extensions of Freudian Theory
REF: 74
FEEDBACK: Anna Freud proposed refinements in *The Ego and the Mechanisms of Defense*, published in 1936, in which she clarified the operation of the defense mechanisms. The book received widespread praise and is considered a basic work on ego psychology. This is only one of her significant contributions to psychoanalytic theory.

48. Which of the following is true of Freud's system of psychoanalytic therapy?
a. Freud's system of psychoanalytic therapy remains more influential than his theory of personality.
b. Freudian psychoanalysts in China have been offering training programs to a growing number of psychoanalysts in East Asia.
c. Psychoanalysis as a therapeutic technique has declined in popularity, particularly in the United States.
d. Traditional psychoanalytic sessions over the Internet have experienced a sharp decline.

ANS: C
PTS: 1
A-HEAD: Reflections on Freud's Theory
REF: 75
FEEDBACK: Freud’s theory of personality remains more influential than his system of psychoanalytic therapy. Although research on Freud's ideas and experimental tests of his concepts continue to be plentiful, psychoanalysis as a therapeutic technique has declined in popularity, particularly in the United States.

49. Which of the following is true of the system of psychotherapy, which was developed by Sigmund Freud?
a. In some European countries, traditional face-to-face psychoanalytic sessions have now replaced online sessions.
b. Growing numbers of people are against seeking therapy for behavioral and emotional problems.
c. Fewer numbers of people are choosing the expensive, long-term approach Freud developed.
d. Longer courses of therapy lasting several years, which focus on holistic care, have become the norm.

ANS: C
PTS: 1
A-HEAD: Reflections on Freud's Theory

REF: 75
FEEDBACK: Growing numbers of people are seeking therapy for behavioral and emotional problems, but fewer are choosing the expensive, long-term approach Freud developed. Briefer courses of therapy, lasting from 1 to 15 sessions, have become the norm, along with the increasing use of psychotherapeutic drugs.

50. The trend away from orthodox psychoanalysis in the United States has also been reinforced by the _____ to total health care.
    a. long-term approach
    b. managed-care approach
    c. pragmatic approach
    d. companionship approach

    ANS: B
    PTS: 1
    A-HEAD: Reflections on Freud's Theory
    REF: 75
    FEEDBACK: The trend away from orthodox psychoanalysis in the United States has also been reinforced by the managed-care approach to total health care. It is considerably less costly for insurance companies to approve a treatment regimen that involves simply prescribing a drug rather than a course of psychoanalysis that might last several years.

51. All of the following are valid criticisms of Freudian psychoanalysis *except* that:
    a. Freud failed to consider the impact of biological forces.
    b. Freud's definitions are somewhat ambiguous.
    c. Freud did not study emotionally healthy persons.
    d. Freud focused too much on past behavior.

    ANS: A
    PTS: 1
    A-HEAD: Reflections on Freud's Theory
    REF: 75
    FEEDBACK: In addition to the flaws in the case study approach, Freud's primary method of research, some argue that Freud placed too great an emphasis on instinctual biological forces as determinants of personality.

52. Which of the following is a criticism of Freudian psychoanalysis by personality theorists?
    a. We have more free will than Freud acknowledged, and we can choose to act and grow spontaneously.
    b. We are influenced by our experiences before age 5 more than by the future that holds our hopes and plans.
    c. To develop a theory of human personality, only the healthy, positive human qualities need to be studied.
    d. Freud paid too much attention to the psychologically healthy and emotionally mature, to the exclusion of the emotionally disturbed.

    ANS: A
    PTS: 1
    A-HEAD: Reflections on Freud's Theory
    REF: 75–76
    FEEDBACK: Some theorists disagree with Freud's deterministic view of human nature, suggesting that we have more free will than Freud acknowledged, and that we can choose to act and grow spontaneously, and to be in at least partial control of our fate. These theorists argue that we are also influenced by the future, by our hopes and plans, as much as or more than by our experiences before age 5.

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TRUE/FALSE

1. The stimuli for instincts, according to Freud, include hunger and thirst.

   ANS: T
   PTS: 1
   A-HEAD: Instincts: The Propelling Forces of the Personality
   REF: 43
   FEEDBACK: The stimuli for instincts—hunger and thirst, for example—are internal. When a need such as hunger is aroused in the body, it generates a state of physiological excitation or energy.

2. The libido includes hormones secreted in the pancreas of the body.

   ANS: F
   PTS: 1
   A-HEAD: Instincts: The Propelling Forces of the Personality
   REF: 44
   FEEDBACK: The life instincts are oriented toward growth and development. The psychic energy manifested by the life instincts is the libido. The libido can be attached to or invested in objects.

3. Much of Freud's personality theory revolves around the necessity of inhibiting or suppressing our sexual longings.

   ANS: T
   PTS: 1
   A-HEAD: Instincts: The Propelling Forces of the Personality
   REF: 44
   FEEDBACK: Freud regarded sex as our primary motivation. Erotic wishes arise from the body's erogenous zones. He suggested that people are predominantly pleasure-seeking beings, and much of his personality theory revolves around the necessity of inhibiting or suppressing our sexual longings.

4. Freud's concept of the death instincts achieved only limited acceptance as part of the personality.

   ANS: T
   PTS: 1
   A-HEAD: Instincts: The Propelling Forces of the Personality
   REF: 44
   FEEDBACK: The concept of the death instincts achieved only limited acceptance, even among Freud's most dedicated followers. One psychoanalyst wrote that the idea should be "relegated to the dustbin of history."

5. The ego is the reservoir for the libido and instincts.

   ANS: F
   PTS: 1
   A-HEAD: The Structure of Personality
   REF: 45
   FEEDBACK: The id corresponds to Freud's earlier notion of the unconscious. The id is the reservoir for the instincts and libido.

6. The pleasure principle operates and functions primarily as part of the id.

ANS: T
PTS: 1
A-HEAD: The Structure of Personality
REF: 46
FEEDBACK: The id operates in accordance with what Freud called the pleasure principle. Through its concern with tension reduction, the id functions to increase pleasure and avoid pain.

7. Primary-process thought is believed to function within the ego.

ANS: F
PTS: 1
A-HEAD: The Structure of Personality
REF: 46
FEEDBACK: The id has no awareness of reality. The only ways the id can attempt to satisfy its needs are through reflex action and wish-fulfilling hallucinatory or fantasy experience, which Freud labeled primary-process thought.

8. In everyday language, we call the internal morality a conscience.

ANS: T
PTS: 1
A-HEAD: The Structure of Personality
REF: 47
FEEDBACK: In everyday language, we call the internal morality—a powerful and largely unconscious set of dictates or beliefs—a conscience. Freud called it the superego. The second part of the superego is the ego-ideal, which consists of good, or correct, behaviors for which children have been praised.

9. Neurotic anxiety manifests in adulthood and is a conflict between the id and the superego.

ANS: F
PTS: 1
A-HEAD: Anxiety: A Threat to the Ego
REF: 47, 48
FEEDBACK: Neurotic anxiety has its basis in childhood, in a conflict between instinctual gratification and reality. Neurotic anxiety involves a conflict between the id and the ego; moral anxiety involves a conflict between the id and the superego.

10. Moral anxiety results from a conflict between the id and the superego.

ANS: T
PTS: 1
A-HEAD: Anxiety: A Threat to the Ego
REF: 48
FEEDBACK: Moral anxiety results from a conflict between the id and the superego. In essence, it is a fear of one's conscience.

11. According to Freud, defense mechanisms are conscious forms of reality.

ANS: F
PTS: 1
A-HEAD: Defenses against Anxiety
REF: 49
FEEDBACK: Although defense mechanisms vary in their specifics, they share two characteristics in

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common: (1) they are all denials or distortions of reality—necessary ones, but distortions nonetheless, and (2) they all operate unconsciously.

12. Reaction formation is a voluntary addition of something to our unconscious awareness.

    ANS: F
    PTS: 1
    A-HEAD: Defenses against Anxiety
    REF: 49
    FEEDBACK: Repression is an involuntary removal of something from conscious awareness. Reaction formation involves expressing an id impulse that is the opposite of the one truly driving a person.

13. Once repression is operating, it is difficult to eliminate.

    ANS: T
    PTS: 1
    A-HEAD: Defenses against Anxiety
    REF: 49
    FEEDBACK: Once repression is operating, it is difficult to eliminate. Because we use repression to protect ourselves from danger, in order to remove it, we would have to realize that the idea or memory is no longer dangerous.

14. Projection can be described as blaming some else for one's own impulses.

    ANS: T
    PTS: 1
    A-HEAD: Defenses against Anxiety
    REF: 50
    FEEDBACK: A way of defending against disturbing impulses is to project them on to someone else. This defense mechanism is called projection.

15. In Freud's psychosexual stages of development, each developmental stage has a conflict that must be resolved before the infant or child can progress to the next stage.

    ANS: T
    PTS: 1
    A-HEAD: Psychosexual Stages of Personality Development
    REF: 51–52
    FEEDBACK: Freud sensed strong sexual conflicts in the infant and young child, conflicts that seemed to revolve around specific regions of the body. From this information, he derived his theory of the psychosexual stages of development; each stage is defined by an erogenous zone of the body. In each developmental stage, a conflict exists that must be resolved before the infant or child can progress to the next stage.

16. The anal stage of development can be used as a weapon by a child against his or her parents.

    ANS: T
    PTS: 1
    A-HEAD: Psychosexual Stages of Personality Development
    REF: 54
    FEEDBACK: As any parent can attest, the anal stage is a time of conflict for everybody. Children learn that they have a weapon that can be used against their parents. The child has control over something and can choose to comply or not with the parents' demands.

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17. A person who is stubborn or stingy may be described as an oral retentive person.

ANS: F
PTS: 1
A-HEAD: Psychosexual Stages of Personality Development
REF: 54
FEEDBACK: One of the ways a child may react to the frustration of toilet training is to hold back or retain the feces. Parents may become worried, even frantic, if the child goes days without a bowel movement. Thus, the child discovers a new method for securing parental attention and affection. This behavior is the basis for the development of an anal retentive personality. Such a person becomes stubborn and stingy and hoards or retains things.

18. A person who is rigid, compulsively neat, obstinate, and overly conscientious as an adult, may have started reacting this way in the anal stage of psychosexual development.

ANS: T
PTS: 1
A-HEAD: Psychosexual Stages of Personality Development
REF: 54
FEEDBACK: One of the ways a child may react to the frustration of toilet training is to hold back or retain the feces. Parents may become worried, even frantic, if the child goes days without a bowel movement. Thus, the child discovers a new method for securing parental attention and affection. This behavior is the basis for the development of an anal retentive personality. The anal retentive person is likely to be rigid, compulsively neat, obstinate, and overly conscientious.

19. Children at the latency stage are fixated on their genitals and sexual pleasure.

ANS: F
PTS: 1
A-HEAD: Psychosexual Stages of Personality Development
REF: 54
FEEDBACK: A new set of problems arises around the fourth to fifth year, when the focus of pleasure shifts from the anus to the genitals. This stage is called the phallic stage. Children at the phallic stage display considerable interest in exploring and manipulating the genitals, their own and those of their playmates.

20. In Freud's theory, we human beings are depicted in gloomy, pessimistic terms, condemned to a struggle with our inner forces, which we are almost always destined to lose.

ANS: T
PTS: 1
A-HEAD: Questions about Human Nature
REF: 57
FEEDBACK: Freud did not present us with a flattering or optimistic image of human nature. He argued that each person is a dark cellar of conflict in which a battle is continually raging. Human beings are depicted in gloomy, pessimistic terms, condemned to a struggle with our inner forces, which we are almost always destined to lose.

21. In Freud's system, there is only one ultimate and necessary goal in life: to increase the release of sexual fantasies from the unconscious to the conscious.

ANS: F
PTS: 1
A-HEAD: Questions about Human Nature

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REF: 57
FEEDBACK: In Freud's system, there is only one ultimate and necessary goal in life: to reduce tension. On the nature–nurture issue, Freud adopted a middle ground.

22. Freud held a "free will" point of view, not a deterministic point of view.

    ANS: F
    PTS: 1
    A-HEAD: Questions about Human Nature
    REF: 58
    FEEDBACK: On the issue of free will versus determinism, Freud held a deterministic view: Virtually everything we do, think, and even dream is predetermined by the life and death instincts, the inaccessible and invisible forces within us.

23. Dream analysis and free association were the main techniques that Freud used in order to bring repressed memories, fears, and thoughts back to the level of conscious awareness.

    ANS: T
    PTS: 1
    A-HEAD: Assessment in Freud's Theory
    REF: 58
    FEEDBACK: The goal of Freud's system of psychoanalysis was to bring those repressed memories, fears, and thoughts back into conscious awareness. Over the course of his work with patients, Freud developed two methods of assessment: free association and dream analysis.

24. According to Freud's theory, resistance involves a patient refusing to take any medication.

    ANS: F
    PTS: 1
    A-HEAD: Assessment in Freud's Theory
    REF: 59
    FEEDBACK: In free association, some experiences or memories were evidently too painful to talk about, and the patient would be reluctant to disclose them. Freud called these moments resistances.

25. Freud's major research method was the case study.

    ANS: T
    PTS: 1
    A-HEAD: Criticisms of Freud's Research
    REF: 60
    FEEDBACK: Freud's major research method was the case study, which has several limitations. A case study is a detailed history of an individual that contains data from a variety of sources.

ESSAY

1. The id seems to be the impulsive side of a person, and the ego is the controlling side that helps balance the impulsive acts of the id. The superego functions as the moral control in relation to the id and the ego. Give a real-life example of a person struggling with a frustrating problem and how the id, ego, and the superego would respond to the anxiety in this person.

    ANS: Students' answers will vary.
    The id is the reservoir for the instincts and libido. Because the id is the reservoir of the instincts, it is vitally and directly related to the satisfaction of bodily needs. Reason or rationality is contained in

Freud's second structure of personality, the ego, which is the rational master of the personality. Its purpose is not to thwart the impulses of the id but to help the id obtain the tension reduction it craves. Because the ego is aware of reality, however, it decides when and how the id instincts can best be satisfied. There is also a third set of forces—a powerful and largely unconscious set of dictates or beliefs—that we acquire in childhood: our ideas of right and wrong. Freud called it the superego. For example, Jane would like to go dancing with two of her male friends (involves the id). However, she knows that using two boys for one date would create conflict (involves the ego); and she knows this might be socially wrong to do (involves the superego).

PTS: 1
A-HEAD: The Structure of Personality
REF: 45, 46, 47

2. According to Freud, what is the purpose of anxiety?

ANS: Anxiety serves as a warning to the person that something is amiss within the personality. Anxiety induces tension in the organism and thus becomes a drive that the individual is motivated to satisfy. The tension must be reduced. Anxiety alerts the individual that the ego is being threatened and that unless action is taken, the ego might be overthrown.
How can the ego protect or defend itself? There are a number of options: running away from the threatening situation, inhibiting the impulsive need that is the source of the danger, or obeying the dictates of the conscience. If none of these rational techniques works, the person may resort to defense mechanisms—the nonrational strategies designed to defend the ego.

PTS: 1
A-HEAD: Anxiety: A Threat to the Ego
REF: 48–49

3. Give definitions and examples for the following defense mechanisms: (a) projection, (b) reaction formation, and (c) sublimation.

ANS: Students' answers will vary.
(a) Projection: It is a defense mechanism that involves attributing a disturbing impulse to someone else. Lustful, aggressive, and other unacceptable impulses are seen as being possessed by other people, not by oneself. For example, a person says, in effect, "I don't hate him. He hates me."
(b) Reaction Formation: It is a defense mechanism that involves expressing an id impulse that is the opposite of the one that is truly driving the person. For example, a person who feels threatened by sexual longings may become a rabid crusader against pornography.
(c) Sublimation: It is a defense mechanism that involves altering or displacing id impulses by diverting instinctual energy into socially acceptable behaviors. For example, sexual energy can be diverted or sublimated into artistically creative behaviors.

PTS: 1
A-HEAD: Defenses against Anxiety
REF: 50, 51

4. How does Freud justify the necessity of defense mechanisms to mental health?

ANS: Defense mechanisms are unconscious denials or distortions of reality. We are lying to ourselves when we use these defenses, but we are not aware of. If the defenses are working well, they keep threatening or disturbing material out of our conscious awareness. As a result, we may not know the truth about ourselves. We may have a distorted picture of our needs, fears, and desires.
There are situations in which the truth about ourselves emerges, when our defenses break down and fail to protect us. This occurs in times of unusual stress. If we knew we were lying to ourselves, the

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defenses would not be so effective. When the defenses fail, we are stricken with overwhelming anxiety. We feel dismal, worthless, and depressed. Unless the defenses are restored, or new ones formed to take their place, we are likely to develop neurotic or psychotic symptoms. Thus, according to Freud, defenses are necessary to our mental health. We could not survive long without them.

PTS: 1
A-HEAD: Defenses against Anxiety
REF: 51

5. List the different stages of childhood according to Freud's theory of psychosexual development. Mention the ages in which these stages occur, and discuss the important characteristics of each stage.

ANS: Freud sensed strong sexual conflicts in the infant and young child, conflicts that seemed to revolve around specific regions of the body. From these observations, he derived his theory of the psychosexual stages of development; each stage is defined by an erogenous zone of the body. In each developmental stage, a conflict exists that must be resolved before the infant or child can progress to the next stage.
1. Oral stage: The oral stage, the first stage of psychosexual development, lasts from birth until some time during the second year. During this period, the infant's principal source of pleasure is the mouth. The infant derives pleasure from sucking, biting, and swallowing.
2. Anal stage: Around the age of 18 months, a new demand, toilet training, is made of the child. Freud believed that the experience of toilet training during the anal stage had a significant effect on personality development. Defecation produces erotic pleasure for the child, but with the onset of toilet training, the child is put under pressure to learn to postpone or delay this pleasure. For the first time, gratification of an instinctual impulse is interfered with as parents attempt to regulate the time and place for defecation.
3. Phallic stage: Around the fourth to fifth year, the focus of pleasure shifts from the anus to the genitals. Children at the phallic stage display considerable interest in exploring and manipulating the genitals, their own and those of their playmates. The child becomes curious about birth and about why boys have penises and girls do not.
4. Latent stage: The storms and stresses of the oral, anal, and phallic stages of psychosexual development form the basic material out of which most of the adult personality is shaped. Because the child and parents certainly could use some rest, the next 5 or 6 years are quiet. The latency period is not a psychosexual stage of development. The sex instinct is dormant during this time.
5. Genital stage: The genital stage, the final psychosexual stage of development, begins at puberty. The body is becoming physiologically mature, and, if no major fixations have occurred at an earlier stage of development, the individual may be able to lead a normal life.

PTS: 1
A-HEAD: Psychosexual Stages of Personality Development
REF: 51, 52, 53, 54, 57

6. Explain Freud's techniques of free association and dream analysis.

ANS: Looking for a technique other than hypnosis for helping a patient recall repressed material, Freud asked patients to lie on a couch while he sat behind it, out of sight. His reason for staying out of sight and hidden from the patients was both personal and professional. He called this technique free association. Freud encouraged his patients to relax and concentrate on events in the past. They were supposed to engage in a kind of daydreaming out loud, saying whatever came to mind. Patients were told to express spontaneously every idea and image exactly as it occurred, no matter how trivial, embarrassing, or painful the thought or memory might seem. The memories were not to be omitted, rearranged, or restructured.
Freud believed that dreams represent, in symbolic form, repressed desires, fears, and conflicts. So strongly have these feelings been repressed that they can surface only in disguised fashion during

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sleep. He argued that there were two aspects of dreams: the manifest content, which refers to the actual events in the dream; and the latent content, which is the hidden symbolic meaning of the dream. Over the years, Freud found consistent symbols in his patients' dreams, events that signified the same thing for nearly everyone. Dreams reveal conflicts in a condensed, intensified form. Dream events rarely result from a single cause, and any event in a dream can have many sources. Dreams may also have mundane origins.
Both of these Freudian assessment techniques—free association and dream analysis—reveal to the psychoanalyst a great deal of repressed material, but all of it is in disguised or symbolic form. The therapist then must interpret or translate the material for the patient.

PTS: 1
A-HEAD: Assessment in Freud's Theory
REF: 58, 59, 60

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