



## Psychoanalytic Perspective: Id, Ego, and Superego

### Psychology 310 Psychology of Personality

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### Structural Model

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- **ID**
  - Now!
- **EGO**
  - Later.
  - Maybe.
  - Depends.
- **SUPEREGO**
  - Never!

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### ID

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- **Primary**
  - Innate and present at birth
- **Primitive**
  - Consists of basic drives
- **Pleasure Principle**
  - *GRATIFY ME NOW!*

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### ID

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- Wants gratification now...
  - but it cannot reason, plan, anticipate consequences
  - or grasp reality or actually DO anything
    - except stimulate reflexes & fantasies
- So, drives remain unfulfilled
  - Tension → Libido → Psychic Energy

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### EGO

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- The part that perceives reality, anticipates consequences, decides what to do, directs action
  - All of which are called "Secondary Processes" or "Ego Functions"
- To the extent the ego reduces the ID's frustrations
  - The energy generated by ID frustrations becomes *bound* or *channeled* into ego functions

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### EGO

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- The Ego gratifies the ID
  - but via the *Reality Principle*: **WAIT** for safe, realistic, appropriate time, place, & object
- The *Reality Principle* & the *Pleasure Principle* are in perpetual conflict
  - Ego must work to prevent unsafe, unrealistic, inappropriate expressions of ID drives

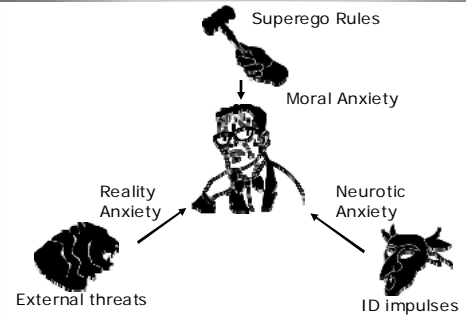
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## SUPEREGO

- Internalize Parental & Societal Values
  - “in-dwelling parent”
  - enables self (versus external) control
- 2 components
  - (1) Conscience
    - from all the “No! Bad!” experiences
  - (2) Ego ideal
    - from all the “Yes! Good!” experiences
- Forms by 5-6 years
  - simple, unreasonable, moralistic, unconscious

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## Conflict and Anxiety



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