



Ego Psychology: Alder, Horney, Hartmann

Psychology 310 Psychology of Personality

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Psyc 310 – Psychology of Personality

Ego Psychologists

- Were influenced by Freud, but believed:
 - not *all* ego activity runs on transmuted id energy
 - ego must have its own sources of energy

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Psyc 310 – Psychology of Personality

Adler

- The ego is energized by
 - a basic sense of inferiority
- Your personality or *lifestyle* is
 - your way of responding to feelings of inferiority

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Psyc 310 – Psychology of Personality

Adler

- Three styles of compensating for inferiority
- overcompensate (superiority complex)
 - dominate and aggress against others
- give up (inferiority complex)
 - withdraw from or depend on others
- strive for superiority in meaningful, pro-social ways
 - achieve in love and work

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Psyc 310 – Psychology of Personality

Karen Horney

- The ego is energized by
 - a basic anxiety
 - due to feeling abandoned and helpless
- In response, the ego develops coping strategies
 - everyone uses them
 - but if used too much or too rigidly
 - becomes a "Neurotic Need"

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Psyc 310 – Psychology of Personality

Karen Horney

- 3 styles of Neurotic Needs:
- Moving Towards
 - Need protection, affection, approval
 - Moving Against
 - Need power, superiority, dominance
 - Moving Away From
 - Need to be independent, unassailable, invisible

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Ego Psychologists

Adler & Horney

- Ego's motives still involve defending against threats
 - feelings of *insecurity* and *basic anxiety*

Hartmann

- There are 2 distinct areas of ego functioning
 - a *Conflict Sphere*
 - where the ego handles the Id and Superego
 - i.e., the focus of the psychoanalytic perspective
 - a *Conflict-Free Sphere*
 - where the ego has *autonomous* sources of energy dedicated to *adaptation to life challenges*
 - i.e., the focus of the *neanalytic* perspective

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Ego Psychologists: Hartmann, White...

- Primary (innate & intrinsic) Ego Autonomy
 - Effectance Motivation
 - to have an effect
 - Competence Motivation
 - to be effective
 - Similar recent constructs:
 - optimal level of stimulation, intrinsic motivation
- Secondary (functional) Ego Autonomy
 - behavior uncoupled from original motivation

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