

Primary Processes
- id is not capable of any thought, self-reflection, or planning and therefore it is wholly selfish and unrealistic.

ID
- innate, primitive component of psyche
- in direct contact with body
- obtains all energy for behaviour from the body
- this energy is linked to the drives
- drives are : life (eros) and death (thanatos)
- functions according to the primary processes and the pleasure principle
- seeks immediate and complete satisfaction of drives without any consideration (pleasure principle)
- no contact with external reality thus no drive satisfaction on own
- the only drive satisfaction it derives on own is form wish fulfillment; creating images of desired objects and fantasising that they have appeased the drive.

Freud maintains that all psychological problems such as anxiety, conflict, neurosis are based on serious conflicts between these structures

EGO
- develops to ensure survival
- formed though contact with outside world
- job is to serve the id's needs by finding suitable objects for REAL drive satisfaction
- functions according to the secondary processes and the reality principle
- when appropriate objects are found they are invested with psychic energy;
CATHEXIS
- constant pressure from id accommodating the demands of the physical environment and the moral codes of society all lead to the ego learning to take these into consideration when selecting appropriate objects
- the moral aspect of the ego eventually becomes autonomous = superego
- ego undergoes psychic difficulties; id threatens ego with tension and discomfort id the drives are not satisfied and the superego threatens the ego with guilt and punishment
- ego derives energy from id; ego-drives ego begins to develop during first year of life and continues to change throughout life
- ego learn new ways and adapt through trial and error to find ways to satisfy drives.

Secondary Process
- evaluate and weigh up situation BEFORE taking action
- reflect upon and plan satisfaction of drives
- can postpone drive satisfaction to an appropriate time and situation

Freud 3 Personality structures

SUPEREGO
- develops from the ego
- is active within the individual (intra-psychically)
- pressurise individual into abiding by society's moral codes
- functions according to the moral principle
- punishing element - conscience
- positive dimension which encourages moral behaviour = ego-ideal
- constant and inexorable pressure on the ego
- energy is obtained from the id; aggressive drive
- as superego functions on all levels of consciousness one may feel guilty about drives and wishes that are on preconscious level
- even just thinking and wishing about forbidden drives is as bad as the actual act and therefore the superego pressurises the ego to keep these drives unconscious
- anticathexis = the moral taboo placed on an object by the superego

Moral Principle
- superego punishes the individual by making him/her feel guilty about immoral wishes or behaviour

Reality Principle
- ego takes physical and social reality into account by using conscious and preconscious cognitive processes such as sensory perception, rational thinking, memory and learning.
- ego uses reality testing, object choice and cathexis; tries to establish on rational grounds whether or not and object is serviceable