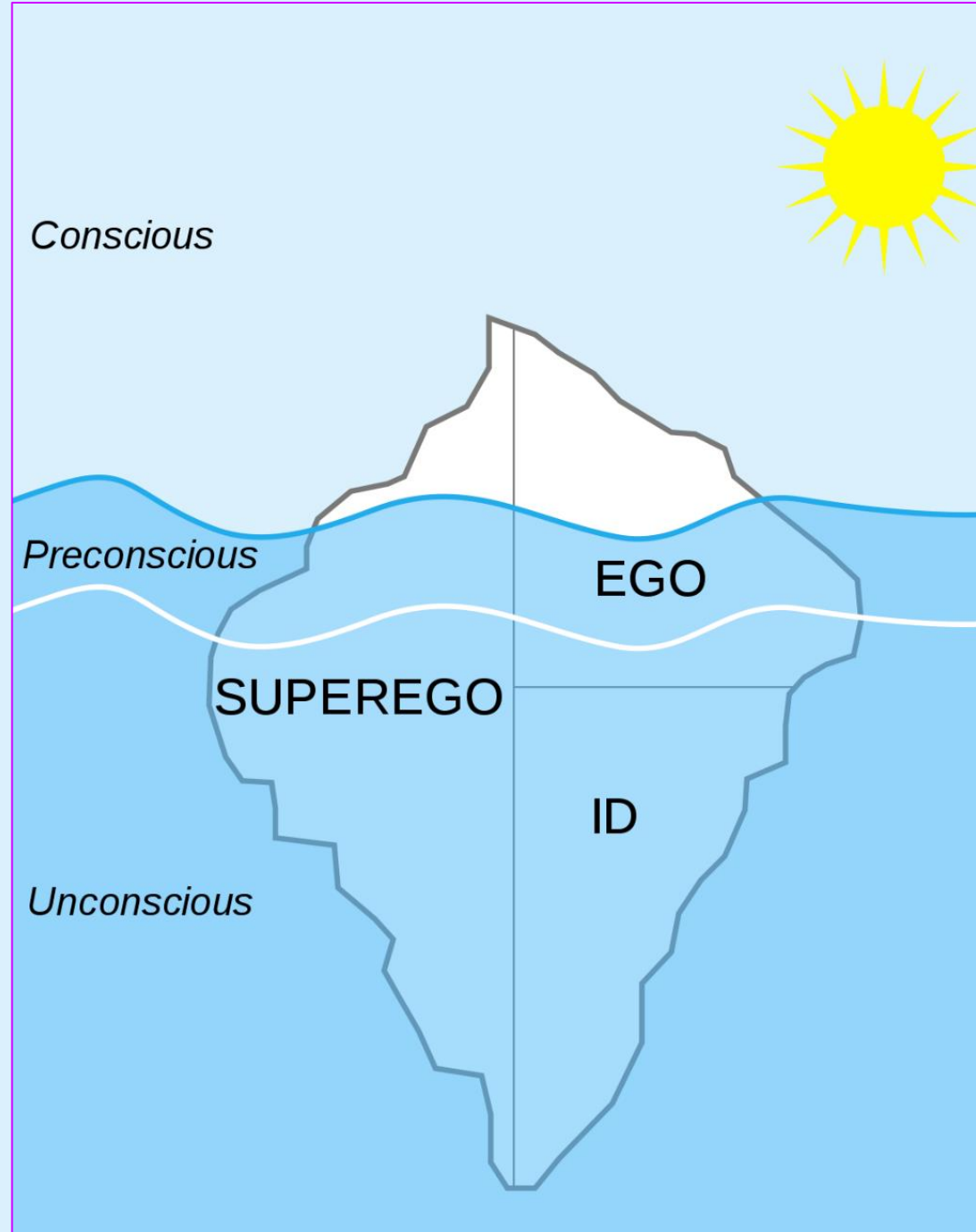


# Id – Ego - Superego

Freud believed that the majority of what we experience in our lives, the underlying emotions, beliefs, feelings, and impulses are not available to us at a conscious level.

He believed that most of what drives us is buried in our unconscious.



# Id – Ego – Superego

## Id

- Present from birth
- Contains a human's basic, instinctual drives...the need for food, warmth, nourishment
- “Pleasure principle” – seeks immediate satisfaction now
- Wants to achieve pleasure while avoiding pain
- The Id has no value judgment; no good or bad; no evil; no morality.
  - ❖ “Death instinct” – an expression of aggression, a self-destructive instinct

## Superego

- Starts developing about age 5
- Your idealized future self; aims for perfection
- Understands the rules of society
- Understands morals and right v. wrong
- Punished Ego with feelings of guilt, anxiety or inferiority

## Ego

- Starts developing about age 3
- Part of the personality structure
- Tries to meet the demands of the Id within the confines of the Superego
- Where defense mechanisms reside