

Chapter 2: Carl Gustav Jung and Analytic Psychology

Multiple Choice Questions

1. Jungian psychology focuses on

- A) identifying and dismantling body armoring.
- B) fostering the relationship between conscious with unconscious processes.
- C) explicating the tenets of psychoanalytic theory.
- D) catalyzing and investigating altered states of consciousness.

Answer: B

Page ref: 53

2. Jung believed that most people cut themselves off from direct religious experience by becoming bound to

- A) deeply held, oppressive mental structures.
- B) complicated interpersonal relationships.
- C) rigid moral imperatives hidden in their shadow selves.
- D) the letter of church convention.

Answer: D

Page ref: 54

3. In Jung's famous word association test, subjects respond to a standard list of what?

- A) Stimulating commands
- B) Evocative words
- C) Neutral commands
- D) Stimulus words

Answer: D

Page ref: 54

4. Following a severe heart attack when he was 69 years old, Jung experienced

- A) his life as separate from the historical matrix.
- B) a powerful vision in which he seemed to be floating high in space.
- C) unsettling disconfirmation of many of his major theoretical premises.
- D) the beginning of the end of his professional productivity.

Answer: B

Page ref: 55

5. Who was Jung's most important early influence?

- A) Goethe
- B) Adler
- C) Freud
- D) Nietzsche

Answer: C

Page ref: 55

6. The individual's deeply unconscious and least developed function is known as the

- A) superego mechanism.
- B) retrospective function.
- C) superior function.
- D) inferior function.

Answer: D

Page ref: 58

7. Which type of people add meaning to their perceptions so rapidly that they often cannot separate interpretations from raw sensory data?

- A) Intuitives
- B) Thinkers
- C) Feelers
- D) Judgers

Answer: A

Page ref: 58

8. The more developed and conscious the dominant and auxiliary functions are in individuals, the more deeply unconscious are their
- A) shadow's purposes.
 - B) central mental structures.
 - C) functions.
 - D) opposites.

Answer: D

Page ref: 59

9. Which of the following is true of the personal unconscious?
- A) Its contents are made up of individual acquisitions.
 - B) Its contents include pleasant memories.
 - C) Its contents are the prior conditions or patterns of psychic formation in general.
 - D) Its contents depend upon the individual's past.

Answer: D

Page ref: 60

10. Which of the following major structures of the personality are archetypes?
- A) The superior and inferior functions
 - B) The thinking and feeling types
 - C) The shadow and the self
 - D) The id and the superego

Answer: C

Page ref: 61

11. According to Jung, the center of consciousness is one of the major archetypes of the personality called the
- A) collected unconscious.
 - B) superego.
 - C) shadow persona.
 - D) ego.

Answer: D

Page ref: 63

12. The focus for the material that has been repressed from consciousness, including those tendencies, desires, memories, and experiences that are rejected by the individual as incompatible with the persona is called the
- A) shadow.
 - B) conformity archetype.
 - C) primordial image.
 - D) instinctual force.

Answer: A

Page ref: 65

13. Appearing in dreams and fantasies as figures of the opposite sex, this archetype is one of the most influential regulators of behavior:
- A) ego.
 - B) anima/animus.
 - C) self.
 - D) shadow.

Answer: B

Page ref: 67

14. The center and "whole circumference" which embrace both the conscious and unconscious is known as
- A) the persona.
 - B) the ego.
 - C) the Great Teacher.
 - D) the self.

Answer: D

Page ref: 67

15. Jung was concerned with two kinds of symbols: individual and

- A) unconscious.
- B) group.
- C) collective.
- D) archetypal.

Answer: C

Page ref: 68

16. To understand a dream's meaning, Jung stuck as close as possible to
- A) the dream images.
 - B) the dreamer's psychic structures.
 - C) repressed material.
 - D) his interpretation.

Answer: A

Page ref: 69

17. As Jung has written, this is "what makes a tree turn into a tree":
- A) individuation.
 - b) psychoanalysis.
 - C) repressed material.
 - d) a confronted anima/animus.

Answer: A

Page ref: 70

18. Compared to Freud, Jung took a "longer view" of personality, describing development as occurring within
- A) personal and collective phases.
 - B) sequential stages.
 - C) symbolic gestures.
 - D) specific periods.

Answer: D

Page ref: 71

19. An obstacle to growth, ego inflation has been found to be related to
- A) depression.
 - B) job burnout.
 - C) marital infidelity.
 - D) physical disease.

Answer: B

Page ref: 73

20. Jung defined the energy at the disposal of consciousness or the ego as
- A) the will.
 - B) the self.
 - C) the emotional center.
 - D) the intellect.

Answer: A

Page ref: 74

21. To foster a sense of this, Jung would often give his patients homework:
- A) dependence.
 - B) insight.
 - C) autonomy.
 - D) constructive anger.

Answer: C

Page ref: 75

22. Various studies have confirmed that intuitive types are higher in creativity and
- A) intuition.
 - B) feeling.
 - C) cognitive capacity.
 - D) sensate ability.

Answer: A

Page ref: 76

23. Research has found that extraverts
- A) arrange their offices to discourage social interaction.
 - B) decorate their offices less.
 - C) keep their doors open.
 - D) provide minimal seating in their offices.

Answer: C

Page ref: 76

True False Questions

24. Two powerful early experiences strongly influenced Jung's attitude toward religion and brought him closer to the "conventional piety" of his father and his pastoral relatives.
Answer: FALSE
Page ref: 53
25. Despite strong criticism leveled at Freud, Jung deeply valued Freud's work.
Answer: TRUE
Page ref: 54
26. Jung and Freud remained in close friendship throughout their lives.
Answer: FALSE
Page ref: 54
27. The collective unconscious is also known as the impersonal or transpersonal unconscious.
Answer: TRUE
Page ref: 56
28. Only after Jung familiarized himself with gnosticism did he realize that the unconscious is a process.
Answer: FALSE
Page ref: 56
29. Jung concluded that the path of individuation is essentially the same in Eastern and Western thought.
Answer: FALSE
Page ref: 57
30. Jung found that people could be characterized as either primarily introverted or primarily extraverted.
Answer: TRUE
Page ref: 57
31. Jung's concept of the collective unconscious is similar to the unconscious in Freud's psychoanalytic theory.
Answer: FALSE
Page ref: 60
32. Like psychologist B. F. Skinner, Jung assumed that everyone is born a *tabula rasa*, or blank slate.
Answer: FALSE
Page ref: 60
33. Jung believed that each individual is born with a collective unconscious.
Answer: TRUE
Page ref: 60
34. According to Jung, the archetypes—structure-forming elements within the unconscious—give rise to the essential images in both individual fantasy life and to the mythologies of entire cultures.
Answer: TRUE

Page ref: 61

35. Archetypes always appear as mythological images.

Answer: FALSE

Page ref: 61

36. Jung described archetypes as forms that serve to organize or channel psychological material.

Answer: TRUE

Page ref: 61

37. In Jungian psychology, the ego consists of unconscious elements, as well as conscious contents, derived from personal experience.

Answer: FALSE

Page ref: 63

38. Although it can never be eliminated, the more the shadow material is made conscious, the less it can dominate.

Answer: TRUE

Page ref: 65

39. A woman's animus mediates or assumes the role of liaison between her unconscious and conscious processes.

Answer: TRUE

Page ref: 67

40. The self is depicted in dreams or images impersonally.

Answer: TRUE

Page ref: 67

41. Active imagination refers to any unconscious effort to produce material directly related to conscious processes.

Answer: FALSE

Page ref: 68

42. During Jungian dream analysis, although the analyst may be vitally helpful, in the end, only the dreamer can know what the dream means.

Answer: TRUE

Page ref: 69

43. Jung believed that the psyche's innate urge toward wholeness would need to be coaxed out.

Answer: FALSE

Page ref: 70

44. Jung found that those who came to him in the first half of their lives tended to be concerned primarily with external achievement, whereas older analysts tended to enter therapy concerned with integrating their inner experiences.

Answer: TRUE

Page ref: 70

45. Psychological growth is achieved through confronting the shadow, but leaving the anima or animus alone to mature on its own timetable.

Answer: FALSE

Page ref: 71

46. The content of anima and animus is the complement of our conscious conceptions of ourselves as masculine or feminine.
Answer: TRUE
Page ref: 73
47. Jung stressed that individuation is essentially a personal endeavor.
Answer: TRUE
Page ref: 74
48. Although he discussed the feeling function in detail, interestingly, Jung left “emotion” out of his writings and lectures on personality formation.
Answer: FALSE
Page ref: 75
49. Jung distinguished intellect from intuition because intuition draws strongly on unconscious material, while intellect does not.
Answer: TRUE
Page ref: 75
50. In Jungian analysis, the analyst’s unconscious interacts with the unconscious of the patient.
Answer: TRUE
Page ref: 75
51. Modern researchers have suggested that Jung’s archetypes arise from the basic cognitive and emotional structures of the brain.
Answer: TRUE
Page ref: 76
52. Jung’s Typology, the Myers-Briggs Type Indicator, is the second most widely used popular psychology test.
Answer: FALSE
Page ref: 76
53. Research has shown a significant relationship between the MBTI and personality disorders.
Answer: TRUE
Page ref: 76
54. Jung stressed the practical importance of spirituality.
Answer: TRUE
Page ref: 77

Essay Questions

55. What effect would conscious development of our inferior functions have on ourselves and our relationships? Explain.
Page ref: 58-59
56. Create some arguments for and against the existence of the collective unconscious. List the evidence that supports your arguments.
Page ref: 60

57. Explain the significance of symbols in Jungian psychology.

Page ref: 68-69

58. Outline and evaluate the Jungian process of individuation. Describe the stages of individuation and the obstacles to growth individuals may encounter at each stage.

Page ref: 71-73

59. See the "RESEARCH" section on page 76. Choose a set of findings to discuss. How does this data extend our understanding of personality? Where should the research in this area go next?

Page ref: 76

Short Answer Questions

60. Jung's analysis of _____ includes investigations of religion, alchemy, parapsychology, and mythology.

Answer: human nature

Page ref: 53

61. Also called archetypes, the _____ are representations of the instinctual energies of the collective unconscious.

Answer: primordial images

Page ref: 60

62. The character we assume, through which we relate to others, is known as the _____.

Answer: persona

Page ref: 63

63. According to Jung, the _____ expresses itself primarily through symbols.

Answer: unconscious

Page ref: 68

64. Three literature reviews have concluded that the Myers-Briggs Type Indicator is both a reliable and _____ measure.

Answer: valid

Page ref: 76

65. The publication of Jung's _____ has been a major event in Jungian psychology.

Answer: *Red Book*

Page ref: 78

Matching Question

66. Collective unconscious

67. Mandala

68. Introverts

69. Anima/Animus

70. Personal unconscious

71. Feeling

72. Sensation

73. Intuition

74. Extraverts

- 75. Thinking
- 76. Ego
- 77. Persona
- 78. Shadow
- 79. Self
- 80. Individuation

- A. Mask
- B. Similar to the unconscious in psychoanalytic theory
- C. Symbolizes the process of individuation

- D. "Soul image"
- E. Concerned with the truth
- F. Process of developing wholeness
- G. Archetypes
- H. Way of comprehending information in terms of past experience, future goals, and unconscious processes
- I. Central archetype
- J. Direct experience
- K. Making decisions according to one's value judgements
- L. Need to guard against becoming dominated by external events and alienated from internal processes
- M. The center of consciousness
- N. Center of personal unconscious
- O. Energy flows more naturally to their inner worlds

66) G 67) C 68) O 69) D 70) B 71) K 72) J 73) H 74) L 75) E 76) M 77) A 78) N

79) I 80) F