

Chapter 2—Sigmund Freud: Psychoanalysis

MULTIPLE CHOICE

1. The father of modern psychology was

- a. Sigmund Freud.
- b. Carl Jung.
- c. John Watson.
- d. Wilhelm Wundt.

ANS: D PTS: 1 REF: Introduction

2. In childhood, Freud later revealed a deep _____ towards his mother.

- a. hatred
- b. attraction
- c. dependence
- d. helplessness

ANS: B PTS: 1 REF: The Life of Freud (1856-1939)

3. Freud believed anxiety initially comes from

- a. childhood sexual conflicts.
- b. hating your parents.
- c. unresolved guilt.
- d. traumatic experiences in childhood.

ANS: A PTS: 1 REF: The Life of Freud (1856-1939)

4. According to Freud, childhood sexual fantasies are always

- a. based in reality for the patient.
- b. based on a dream or a figment of the imagination of the patient.
- c. based on direct evidence revealed through hypnosis.
- d. the cause of adult neurosis.

ANS: D PTS: 1 REF: The Life of Freud (1856-1939)

5. Freudian teachings became widely popular in the _____ of American children.

- a. rearing
- b. education
- c. medication
- d. books

ANS: A PTS: 1 REF: The Life of Freud (1856-1939)

6. According to Freud, _____ are internal stimuli.

- a. fantasies
- b. moral beliefs
- c. defense mechanisms
- d. instincts

ANS: D PTS: 1 REF: Instincts: The Propelling Forces of the Personality
MSC: WWW

7. Homeostasis, according to Freud's theories, has to do with

- a. balance and equilibrium.
- b. homosexuality and heterosexuality.
- c. sexual fantasies from childhood.
- d. none of the above.

ANS: A PTS: 1 REF: Instincts: The Propelling Forces of the Personality

8. Freud regarded _____ as our primary motivation.
- a. sex
 - b. instincts
 - c. childhood fantasies
 - d. defense mechanisms

ANS: A PTS: 1 REF: Instincts: The Propelling Forces of the Personality

9. According to Freud, what are the two primary types of instincts?
- a. Sex and habits
 - b. Life and death
 - c. Food and hunger
 - d. Pleasure and desire

ANS: B PTS: 1 REF: Instincts: The Propelling Forces of the Personality

10. Later in Freud's life, _____ and _____ affected him deeply.
- a. death/aggression
 - b. the conscious/the unconscious
 - c. sex/fantasies
 - d. cocaine/drugs

ANS: A PTS: 1 REF: Instincts: The Propelling Forces of the Personality

11. The _____ is the root of psychic energy.
- a. libido
 - b. cathexis
 - c. instinct
 - d. aggressive drive

ANS: B PTS: 1 REF: Instincts: The Propelling Forces of the Personality

12. _____ instincts are necessary for survival, according to Freud.
- a. Sexual
 - b. Life
 - c. Libido
 - d. Habitual

ANS: B PTS: 1 REF: Instincts: The Propelling Forces of the Personality

13. Freud believed that _____ and _____ are compelling parts of human nature.
- a. libido/death
 - b. life/death
 - c. sex/aggression
 - d. libido/cathexis

ANS: C PTS: 1 REF: Instincts: The Propelling Forces of the Personality

14. For Freud, the basis of anxiety and neurosis is
- a. parenting.
 - b. sex.
 - c. hypnotic.
 - d. marriage.

ANS: B PTS: 1 REF: Instincts: The Propelling Forces of the Personality
MSC: WWW

15. Freud's theory of childhood sexual fantasies is
- a. controversial to this day.
 - b. true.
 - c. false.
 - d. based on authenticated child abuse cases.

ANS: A PTS: 1 REF: Instincts: The Propelling Forces of the Personality

16. According to Freud, the motivating force in life is driven by
- a. the Oedipus Complex.
 - b. our instincts.
 - c. our health.
 - d. our won behaviors.

ANS: B PTS: 1 REF: Instincts: The Propelling Forces of the Personality

17. The physical location for the libido is situated near the
a. spleen. c. gonads.
b. heart. d. There is no location in the body.
- ANS: D PTS: 1 REF: Instincts: The Propelling Forces of the Personality
18. Cathexis is a term that Freud used to describe
a. psychic energy. c. psycho-motor energy.
b. physical energy. d. mood.
- ANS: A PTS: 1 REF: Instincts: The Propelling Forces of the Personality
19. According to Freud, there is a(n) _____ instinct and a(n) _____ instinct in all of us.
a. mood/inhibition c. death/life
b. ego/id d. avoidant/passive
- ANS: C PTS: 1 REF: Instincts: The Propelling Forces of the Personality
20. The unconscious is
a. not easily understood. c. situated in the frontal lobe of our brain.
b. located in the visual cortex of our brain. d. known to us at all times.
- ANS: A PTS: 1 REF: The Levels of Personality
21. The preconscious
a. describes our dream life.
b. is in the pre-frontal cortex of the brain.
c. is a concept used to describe our values and morals.
d. is the storehouse for our memories, thoughts, and perceptions.
- ANS: D PTS: 1 REF: The Levels of Personality
22. According to Freud, the preconscious resides within
a. the id. c. the superego.
b. the ego. d. both the id and the superego.
- ANS: B PTS: 1 REF: The Levels of Personality
23. The ego-ideal consists of
a. goals that the ego strives to reach.
b. good or correct behaviors children learn from their parents.
c. the reality principle and its strivings for the ideal ego.
d. ideals and principles the ego has rejected.
- ANS: B PTS: 1 REF: The Structure of Personality
24. For Freud, penis envy
a. suggests that a girl or woman has a defective brain.
b. suggests that a girl or woman can never be fully developed until she has a female child.
c. suggests that a girl has a defective or poorly developed superego.
d. suggests that boys have an inferiority complex, more so than girls.
- ANS: C PTS: 1 REF: Psychosexual Stages of Personality Development

25. Temper tantrums, manipulating a parent, and aggressive drives are formed in the
- latency stage.
 - phallic stage.
 - oral stage.
 - anal stage.

ANS: D PTS: 1 REF: Psychosexual Stages of Personality Development
MSC: WWW

26. Freud's techniques of dream analysis and free association
- cannot be accurately measured in research analysis.
 - are typically authentic and based in reality.
 - are used to create behavior changes in the patient.
 - are behavioral and cognitive in nature.

ANS: A PTS: 1 REF: Assessment in Freud's Theory

27. Freud used the case study method for his research. This type of research is based on
- a small and restricted sample of those he studied.
 - the dreams and fantasies of his clients.
 - the conscious and the unconscious memories of those he studied.
 - All the answers

ANS: D PTS: 1 REF: Research on Freud's Theory

28. Freud's concepts of the ego, id, and libido
- are authentic and true, experimentally.
 - have great credibility.
 - are reinforced and supported in research.
 - cannot be tested as true, experimentally.

ANS: D PTS: 1 REF: Research on Freud's Theory

29. An example of a Freudian slip would be:
- "Oops, I forgot to lock the door!"
 - "Is my slip showing?"
 - "I'm Peter. What's your shame?"
 - "I thought I brought my car keys with me, but I left them at home!"

ANS: C PTS: 1 REF: Research on Freud's Theory

30. Childhood sexual abuse
- can be debilitating through life.
 - is based only on the repressed dreams and fantasies of a child.
 - is very rare and has no debilitating qualities for the victim.
 - should be ignored and dismissed as unreal by the therapist and the possible victim.

ANS: A PTS: 1 REF: Research on Freud's Theory

31. According to Loftus' studies concerning false memories,
- a therapist could implant false memories knowingly or unknowingly.
 - a person's memories can't always be judged as true.
 - "repressed" memories of childhood may not be accurate in reality.
 - All of the answers.

ANS: D PTS: 1 REF: Research on Freud's Theory

32. Object-Relations Theory
- totally rejects Freud's theory.
 - evolved from Jung's theory, but not Freud's theory.
 - evolved from Freud's psychoanalytic theory.
 - is based on the concept of the libido.
- ANS: C PTS: 1 REF: Extensions of Freudian Theory
33. According to Heinz Kohut, an infant's primary selfobject is typically the
- child
 - mother
 - friends of the child
 - grandparents of the child
- ANS: B PTS: 1 REF: Extensions of Freudian Theory
34. The _____ bond is crucial in object relations theory.
- mother - child
 - grandparent - child
 - sibling - parent
 - social - environmental
- ANS: A PTS: 1 REF: Extensions of Freudian Theory
MSC: WWW
35. According to Melanie Klein, in object relations theory
- a baby views their world through spatial relationships.
 - a baby views their world from a confused state of mind.
 - a baby sees their world as either satisfying or hostile (when satisfaction is denied).
 - a baby views their world based on physical development and maturation.
- ANS: C PTS: 1 REF: Extensions of Freudian Theory
36. Object relations theories suggest that the core of personality is formed in
- early childhood
 - late childhood
 - early adolescence
 - infancy
- ANS: D PTS: 1 REF: Extensions of Freudian Theory
37. Object relations theory is entirely based on
- aggressive drives.
 - fantasies and dreams.
 - the death and life instincts.
 - relationships.
- ANS: D PTS: 1 REF: Extensions of Freudian Theory
38. Anna Freud's analytic work was mostly with
- children.
 - adults.
 - adolescents.
 - the elderly.
- ANS: A PTS: 1 REF: Extensions of Freudian Theory
39. Anna Freud is known for her theory of
- Freudian psychoanalysis.
 - id, ego, and superego identity.
 - ego psychology.
 - object relations.
- ANS: C PTS: 1 REF: Extensions of Freudian Theory

40. The ego constantly tries to compromise between the demands of
- the id and reality.
 - the id and primary-process thought.
 - primary-process and secondary-process thought.
 - the id, superego, and reality.

ANS: D PTS: 1 REF: Extensions of Freudian Theory

41. The tools Freud employed to investigate personality included all of the following *except*
- free association.
 - dream analysis.
 - resistances.
 - questionnaires.

ANS: D PTS: 1 REF: Reflections on Freud's Theory
MSC: WWW

42. Freud's methods of assessment
- are no longer used.
 - relied heavily on self-report inventories.
 - reveal a great deal of repressed material.
 - focus on conscious experience.

ANS: C PTS: 1 REF: Reflections on Freud's Theory

43. Freud's research can be criticized for all of the following points *except* which?
- He did not look deeply into the psyche.
 - His data was not gathered in systematic fashion.
 - He made no attempt to verify the accuracy of his patients' reports.
 - His sample of subjects was small and unrepresentative of the general population.

ANS: A PTS: 1 REF: Reflections on Freud's Theory

44. One problem with Freud's published case histories is that they
- simply repeat the notes he took during sessions with patients.
 - are based primarily on statements made under hypnosis.
 - sometimes differ from the notes he made after each session with a patient.
 - are based primarily on dream analysis.

ANS: C PTS: 1 REF: Reflections on Freud's Theory

45. The criticisms made of Freud's research
- cannot be made of any other personality theorist.
 - hold for other theorists who use case studies as their primary research approach.
 - are the work of a small band of fanatical anti-Freudians.
 - demonstrate the fallacy of basing a theory on case studies.

ANS: B PTS: 1 REF: Reflections on Freud's Theory

46. With regard to the scientific validity of his system, Freud believed that
- only psychoanalysts were qualified to judge its validity.
 - science is not an appropriate method for investigating the mind.
 - only an experimental investigation of dreams would confirm the truths of psychoanalysis.
 - psychology could never be a science.

ANS: A PTS: 1 REF: Reflections on Freud's Theory

47. Attempts at scientifically validating Freudian concepts indicate that
- not one of Freud's ideas has scientific support.
 - almost all of Freud's ideas have scientific support.
 - there is scientific support for some of Freud's ideas but not for others.
 - Freudian ideas cannot be investigated scientifically.

ANS: C PTS: 1 REF: Reflections on Freud's Theory

48. Considerable research on the unconscious
- fails to verify its existence.
 - reveals no connection to subliminal perception.
 - supports the idea that much cognitive activity is influenced by the unconscious.
 - It is impossible to conduct research on the unconscious.

ANS: C PTS: 1 REF: Reflections on Freud's Theory

49. Much research on the nature of the unconscious involves
- catharsis.
 - cathexis.
 - subliminal perception.
 - sublimation.

ANS: C PTS: 1 REF: Reflections on Freud's Theory

50. Research suggests that the influence of the unconscious is
- stronger among neurotics than typical people.
 - substantial.
 - delayed until adolescence.
 - negligible.

ANS: B PTS: 1 REF: Reflections on Freud's Theory

51. Which Freudian idea below has *not* been supported by research?
- The personality is subject to little change after age five.
 - The existence of verbal "Freudian" slips
 - The existence of the unconscious
 - The defense mechanism of repression

ANS: A PTS: 1 REF: Reflections on Freud's Theory

52. All of the following are valid criticisms of Freudian psychoanalysis *except* which?
- Freud failed to consider the impact of biological forces.
 - Freud's definitions are somewhat ambiguous.
 - Freud did not study emotionally healthy persons.
 - Freud focused too much on past behavior.

ANS: A PTS: 1 REF: Reflections on Freud's Theory

TRUE/FALSE

1. Instincts, according to Freud, include hunger and thirst.

ANS: T PTS: 1 REF: Instincts: The Propelling Forces of the Personality

2. The libido can be found in the pancreas of the body.

ANS: F PTS: 1 REF: Instincts: The Propelling Forces of the Personality

3. Freud regarded sex as our primary motivation.
ANS: T PTS: 1 REF: Instincts: The Propelling Forces of the Personality
4. Freud's concept of the death instinct achieved only limited acceptance as part of the personality.
ANS: T PTS: 1 REF: Instincts: The Propelling Forces of the Personality
5. The ego is the reservoir for the libido and instincts.
ANS: F PTS: 1 REF: The Structure of Personality
6. The pleasure principal operates and functions primarily as a part of the id.
ANS: T PTS: 1 REF: The Structure of Personality
7. Primary-process thought is believed to function within the ego.
ANS: F PTS: 1 REF: The Structure of Personality
8. The ego-ideal consists of good, correct behaviors for which children have been praised.
ANS: T PTS: 1 REF: The Structure of Personality
9. Neurotic anxiety is based in adulthood and is a conflict of the id and the superego.
ANS: F PTS: 1 REF: Anxiety: A Threat to the Ego
10. Moral anxiety is a conflict between the id and the superego.
ANS: T PTS: 1 REF: Anxiety: A Threat to the Ego
11. Reaction formation is a voluntary addition to our unconscious awareness.
ANS: F PTS: 1 REF: Defenses against Anxiety
12. Once repression is operating, it is difficult to eliminate.
ANS: T PTS: 1 REF: Defenses against Anxiety
13. Projection can be described as blaming some else for their own impulses.
ANS: T PTS: 1 REF: Defenses against Anxiety
14. According to Freud, defense mechanisms are conscious forms of reality.
ANS: F PTS: 1 REF: Defenses against Anxiety
15. The anal stage of development can be used as a weapon by a child against his or her parents.
ANS: T PTS: 1 REF: Psychosexual Stages of Personality Development

16. A person who is stubborn or stingy may be described as oral-retentive.
ANS: F PTS: 1 REF: Psychosexual Stages of Personality Development
17. Children at the latency stage are fixated on their genitals and sexual pleasure.
ANS: F PTS: 1 REF: Psychosexual Stages of Personality Development
18. In Freud's psychosexual stages of development, each developmental stage has a conflict that must be resolved before the infant or child can progress to the next stage.
ANS: T PTS: 1 REF: Psychosexual Stages of Personality Development
19. A person who is rigid, compulsively neat, obstinate, and overly conscientious as an adult, may have started reacting this way in the anal stage of psychosexual development.
ANS: T PTS: 1 REF: Psychosexual Stages of Personality Development
20. In Freud's system there is only one ultimate and necessary goal in life: to increase the release of sexual fantasies from the unconscious to the conscious.
ANS: F PTS: 1 REF: Assessment in Freud's Theory
21. Dream analysis and free association were the main techniques that Freud used in order to bring repressed memories, fears, and thoughts back to the level of consciousness.
ANS: T PTS: 1 REF: Assessment in Freud's Theory
22. Dream analysis is largely symbolic and cannot be used to determine if child sexual abuse has actually occurred.
ANS: T PTS: 1 REF: Assessment in Freud's Theory
23. Resistance means the patient refuses their medication.
ANS: F PTS: 1 REF: Assessment in Freud's Theory
24. Freud held a "free will" point of view, not a deterministic point of view.
ANS: F PTS: 1 REF: Assessment in Freud's Theory
25. Freud's major research method was the *case study*.
ANS: T PTS: 1 REF: Research on Freud's Theory

ESSAY

1. Freud stated that a patient's goal is to reduce tension. However, Freud used techniques such as dream analysis and free association to create more anxiety for the patient.
A: Explain, in detail, at least three reasons why Freud wanted to create more anxiety.
B: What is this called in psychoanalytic therapy?
C: Provide a definition and a real-life example.

ANS:

Catharsis - definition found in the text. Examples may vary.

PTS: 1 REF: Assessment in Freud's Theory

2. Freud's theory of psychosexual development assumes that all children have unconscious sexual desires, lust, and unbridled sexual impulses. In your opinion, do you agree or disagree with these stages of personality development? List and explain three ways you agree or disagree with Freud.

ANS:

These are opinions of the student and must be weighed by the quality of the answer.

PTS: 1 REF: Psychosexual Stages of Personality Development

3. The id seems to be the impulsive side of a person, and the ego is the controlling side that helps balance the impulsive acts of the id. The superego functions as the moral control in relation to the id and the ego. Give a real-life example of a person struggling with a frustrating problem and how the id, ego, and the superego would respond to the anxiety in this person.

ANS:

Jane would like to go dancing with two of her male friends (the id). However, she knows this would create conflict using two boys for a date (the ego); and she knows this might be socially wrong to do (the superego).

PTS: 1 REF: The Structure of Personality

4. Give definitions and examples not found in your text for the following defense mechanisms: (a) projection, (b) reaction formation, and (c) sublimation.

ANS:

Use definitions in the text for A, B, & C. Examples may vary.

PTS: 1 REF: Defenses Against Anxiety

5. Explain the technique of free association and how this technique might be used by Freud when dealing with repressed memories.

ANS:

Free association allows the therapist to analyze the client's unresolved and hidden issues by using words or free thought from the client to uncover repressed traumatic memories that the client can not normally retrieve. The therapist interprets the client's associations and fights through their resistance to understand his or her past.

PTS: 1 REF: Assessment in Freud's Theory

6. Give a definition and a real life example to explain object relations theory according to Melanie Klein.

ANS:

Definition is found in the text. Mary loves her mother, but the mother has a very hard time expressing nurturing responses in return to Mary. Mary feels hurt, resentful and not bonded to her mother. As Mary matures, she will lack nurturance and either seek extreme forms of nurturance and bonding or cut herself off from potential nurturing relationships in response to this critical issue in early childhood.

PTS: 1

REF: Extensions of Freudian Theory