

The Personality of Chris Watts Through the Theories of Carl Jung and Sigmund Freud

Criminals often possess dual facets, encompassing both good and bad qualities. However, is it possible to conceal one side? This question arises in the case of Chris Watts. Personality is multi-faceted, and this paper aims to examine Chris Watts' personality through the lenses of Carl Jung and Sigmund Freud's theories.

The discrepancy between our public and private personas is apparent. When alone, we are free from the need to impress others, but in public, we adopt masks or personas to project a desirable image. In one YouTube video featuring Chris Watts, he expresses his boredom with the routine of a relationship, citing a workplace affair as an example of something that can lead to a romantic bond deteriorating. However, several years later, the same YouTuber has had two daughters, relocated to Frederick, Colorado, and filed for bankruptcy, all while enjoying success in their visual and audio career, including recognition from high-profile celebrities. So, what went wrong? How did this sociable individual transition from a successful, well-paid career to being accused of strangling his wife and murdering his children after confessing to an affair and requesting a divorce? Criminals often possess both good and bad sides, but is it truly possible to conceal one side? In Chris Watts' case, it seems so. This paper will delve into Chris Watts' personality, drawing from the theories of Carl Jung and Sigmund Freud.

Persona, defined as the public image one projects, plays a significant role in Carl Jung's personality theory. The term "persona" originates from the word meaning "mask," representing the masks we wear to present specific images such as father, mother, chef, artist, or official. Persona arises from social adaptation and plays a crucial role in social interactions. Difficulties arise when one becomes so deeply identified with their role that they lose their sense of self, blurring the distinction between their identity and the external world. The shadow represents the dark side of a person's personality, often equated with Freud's concept of personal unconsciousness. It encompasses repressed elements rejected by the superego, with a strong sexual component according to Freud. In addition to displaying signs of Carl Jung's theory, Chris Watts also exhibits characteristics aligned with Sigmund Freud's theory of the id, ego, and superego. The id represents the most primal part of the personality, driven by basic urges like hunger and sexuality. It seeks immediate gratification, and unmet desires can lead to tension, anxiety, or anger. The ego, on the other hand, interacts with reality, striving to fulfill the id's desires in socially acceptable ways, often through delayed gratification. The superego developed last, embodies morals and the sense of right and wrong. While the ego and superego may align in decision-making, the superego's reasoning is grounded in moral values, whereas the ego's considerations revolve around others' perceptions and the consequences of actions. Crime scenes can unveil valuable insights into a person's personality, but defining personality is a complex task due to its individual and unique nature. Personality can generally be described as the consistent, distinct, and individual traits and characteristics displayed in various situations. Theories have been proposed to explain the factors that contribute to someone becoming a murderer, and in the case of Chris Watts, both Carl Jung's and Sigmund Freud's theories can be applied based on his past and present actions. Chris Watts played various roles, such as a loyal husband, a perfect father, and an innocent victim, but the paper will analyze his personality through the lenses of Carl Jung and Sigmund Freud.

Chris Watts' YouTube videos provide a platform for his persona to be displayed openly, even earning praise from his wife, unaware of future events. In one video, Chris discusses how relationships can be strained by meeting new people at work and the potential impact on existing bonds. Little did anyone know at that time that Chris was secretly revealing the truth about his double life.

In the Persona series, characters possess the ability to summon their "persona" to aid them in battle. Similarly, Chris Watts faced his own battles, trying to convince his wife that he was committed and faithful while carrying on an affair. For a long time, he managed to deceive her, but after their family trip, the cracks began to appear. His persona had been successful in concealing his double life, aided by Sigmund Freud's concepts of the id, ego, and superego.

Sigmund Freud introduced the id, ego, and superego as three interconnected parts of the human personality that influence behavior. The id operates on the pleasure principle, seeking immediate gratification for desires regardless of consequences. If these desires are not fulfilled, tension and negative emotions arise. The ego, on the other hand, operates on the reality principle, finding realistic ways to satisfy the id's demands while considering societal norms and potential consequences. The superego acts as the moral compass, distinguishing between right and wrong based on moral values. While the ego and superego may reach similar decisions, the superego's rationale is rooted in moral principles, while the ego's decisions often consider social perceptions.

Chris Watts utilized these Freudian concepts to navigate his complicated web of relationships. He no longer desired to remain in his marriage with his wife, Shanann, yet he had sexual needs that he wanted to fulfill. He pursued a relationship with his coworker, Nichol Kessinger, driven by her pursuit of him rather than the other way around. Chris fulfilled the id's need for sex with both Shanann and Nichol, while his ego attempted to maintain a facade of normalcy in his family life. The ego recognized the reality of his situation and the needs of others, balancing his desires with societal expectations. Meanwhile, the superego, functioning as his moral compass, led Chris to publicly appeal for help in finding his missing family, even though he knew the truth. It was only after his confession that the floodgates of emotion opened, and he displayed a remorseful demeanor. The superego continued to exert its influence during his court proceedings, as he sought to spare both families from further pain.

Conclusion

Criminals often possess dual identities, encompassing both good and bad qualities. Chris Watts successfully concealed his dark side and manipulated his persona to deceive those around him. Through the lenses of Carl Jung and Sigmund Freud, we can gain insights into his personality and the psychological factors at play. However, even though he is now behind bars, Chris Watts still manages to attract admirers who are intrigued by his story. The case of Chris Watts serves as a reminder that even individuals who appear perfectly normal on the outside may harbor hidden and dark aspects within.